

TABLE OF CONTENTS

1. DEFENSIVE TERMINOLOGY (Red Tab)

A. General Terms	1
B. Offensive Personnel	4
C. Fronts	5
D. Run Support	6
E. Defensive Line & Linebacker Terms	7
F. Linebacker Terms	10
G. Pass Coverage Terminology	11
H. Goal Line Terms	17

2. HUDDLE & FORMATIONS (Red Tab)

A. Huddle	1
B. Calling Offensive Variation & Formations	2
C. Defensive Calls Responsibility	3
D. Numbering Receivers	4
E. Receiver Alignments	5
F. Examples of Motion, Fly, Peel	6
G. Offensive Formations	7

3. OFFENSIVE INFORMATION (Red Tab)

A. Hole Numbering & Back Numbering	1
B. Backfield Series	2
C. Types of Blocks - Stack Defense	3
D. Types of Blocks - Gap Defense	7
E. Types of Blocks - 4-3 Defense	8
F. Numbering & Calling Pass Offense Flare Control	9
G. Play Numbering	10
H. Dropback Passes (Diagrams)	11
I. Play Passes (Diagrams)	12
J. Pass Protections	13
K. Pass Defense (Areas)	21
L. Numbering Routes for "X" & "Z"	22
M. Individual Routes for "Y"	24
N. Strongside Combination Patterns "Y" & "Z"	27
O. Strongside Combination Patterns "X" & "Z"	29
P. Strongside Combinations Patterns D-Tree "Y" & "Z"	31
Q. Individual HB & FB Pass Routes	32
R. Weakside Combination Patterns "HB" & "X"	35

TABLE OF CONTENTS (continued)

4.	<u>FRONTS & RUN RESPONSIBILITIES</u> (Brown Tab)	
A.	Philosophy & Responsibility in Stack Defense	1
B.	Strongside Pursuit Angles of Stack Defense	2
C.	Weakside Pursuit Angles of Stack Defense	3
D.	Hole Numbering & Techniques	4
5.	<u>FORCE RULES</u> (Brown Tab)	
A.	Force Rules (by Coverage & Formation)	1
B.	Support	2
C.	Strongside Force	5
D.	Weakside Force	6
6.	<u>STACK</u> (Brown Tab)	
A.	Position, Alignment, Key, Responsibility	1
B.	Stack Run Stunts (Strong)	2
C.	Stack Run Stunts (Weak)	3
D.	Ringo - Lucky	4
E.	Pass Rush Stunts & Games	5
F.	Directions - Louie/Roger	7
G.	Stack Okie	9
H.	Stack Jet	10
J.	Stack Invert	11
7.	<u>GAP</u> (Brown Tab)	
A.	Gap	1
B.	Gap Right (Linda)	2
C.	Gap Left (Rita)	4
8.	<u>DOUBLE WING & FLOODS</u> (Brown Tab)	
A.	Coverage Adjustments - Cover 2	1
B.	Coverage Adjustments - Cover 3	3
9.	<u>DETROIT</u> (Brown Tab)	
A.	Detroit Formations & Coverages	1
B.	Detroit Variations	
	Cover 2 (Zebra)	2
	3	3
	0 Match-Up	4
	2 Man (Combo)	5
	2/Zebra Dallas	6
	2/3 Dallas	7

TABLE OF CONTENTS (continued)

10.	<u>UNBALANCED</u> (Brown Tab)	
A.	Stack 3 & Stack 2 "Roger"	1
11.	<u>PASS DEFENSE INFORMATION</u> (Orange Tab)	
A.	Huddle Call & Digit System	1
B.	Explanation of Coverage Call	2
C.	Motion/Fly Adjustments	3
D.	Rules for Rush by Coverage	4
E.	Plan of the Playing Field	6
F.	Pass Defense Areas	7
G.	Hash Split Rules	8
H.	Double Coverage Calls	9
I.	Zone Calls	10
J.	Zone Coverages	11
K.	Man Coverages	12
12.	<u>COVER 0</u> (Orange Tab)	
A.	Fire Rushes/Responsibility	1
B.	Adjustments	3
13.	<u>COVER 1</u> (Orange Tab)	
A.	Stack Cover 1 (Funnel)	1
B.	34 Cover 1 "Clamp" The Backs	3
14.	<u>COVER 2</u> (Orange Tab)	
A.	Stack Cover 2	1
B.	Stack Cover 2 "Change"/Cover 2 vs. Slot	2
C.	Stack Cover 2 "Spots"/"Jam"	3
D.	34 Cover 2 "Spots"/"Diamond"	5
E.	34 Cover 2 Backers	6
15.	<u>COVER 2 MAN</u> (Orange Tab)	
A.	Stack Cover 2 Man	1
B.	Stack Cover 2 Man/Combo Adjustments	2
C.	Stack Cover 2 Man Rover	3

TABLE OF CONTENTS (continued)

16. COVER 3 (Orange Tab)

A. Stack Cover 3	1
B. Stack Cover 3C/3 Buzz	2
C. Stack Cover 3 "Spots"/34 Cover 3 "Spots"	3
D. Stack Cover 3 Adjustments	4
E. 34 Cover 3/Vs. Formations	5
F. Stack Cover 3 Sloop/Adjustments	7
G. 34 Cover 3-3C Sloop/Adjustments	9
H. Cover 3 Spots - Strong Out, Weak Out, Double Out	11
I. Cover 3 Robber/Adjustments	13

17. COVER 4 (Orange Tab)

A. Stack Cover 4 (Cloud, Sky, Buzz)	1
B. Stack Cover 4 Adjustments	3

18. COVER 5C (Orange Tab)

A. Stack Cover 5C	1
B. Stack Cover 5C/Frisco	2
C. Stack Cover Frisco	3
D. Cover Frisco/Adjustments	4

19. SLOT COVERAGES (Orange Tab)

A. Stack Zebra/Adjustments	1
B. Stack Combo/Adjustments	3

20. RED AREA COVERAGES (Orange Tab)

A. Stack Cover Red 2/Adjustments	1
B. Stack Cover Double 2 Man/Combo	3
C. Stack Cover "Reno"/Adjustments	5

21. PLAY ACTION (Orange Tab)

A. Linebacker Flow	1
B. Flow Coverage	2
C. Weakside Play Action	4
D. Weakside Play Action/Coverages	5
E. Boot Plays/Coverages	7
F. Defensive Backs Flow Rule/Blitz Covers	12

TABLE OF CONTENTS (continued)

22. BLITZ & BLITZ COVERAGES (Purple Tab)

A. Pressure Defense	1
B. Blitz Coverage	3
C. Eagle Blitz	5
D. Hawk Blitz	7
E. Thunder	9
F. Lightning	11
G. Cobra	13
H. Typhoon	15

23. GOAL LINE & SHORT YARDAGE (Purple Tab)

A. Goal Line/Variations	1
B. Goal Line Man Coverage	3
C. Motion Adjustments	5
D. Goal Line Crash	6
E. Goal Line Oscar	7
F. Short Yardage/Fire Fox 2	8
G. Fronts & Stunts	9

24. 4-2 SUB COVERAGES (Purple Tab)

A. 33 (Pony)	1
B. 42 (Mustang)	2
C. Sub Alignment/Adjustments	3
D. 4-2 Cover 2 (Spots)(Club)	5
E. 42 Cover 4 Spots	8
F. 42 Cover 2 Man	10
G. Weakside 2 Man Variations	12
H. "Solo" Call	13
I. "Vice" Call	14
J. "C" Call	15
K. Strongside 2 Man Variations	16
L. "6" Call	17
M. "Raider" Call	18
N. "7" Call	19
O. 2 Man Funnel	20
P. 42 2 Man Rover	22
Q. 42 Falcon Blitz	24
R. 42 Storm	26
S. Line & Linebacker Rush Calls	28

25. TWO MINUTE OFFENSE (Purple Tab)

A. Two Minute Situations	1
B. Jump Ball	3

DEFENSIVE TERMINOLOGY

A. GENERAL TERMS

1. Strongside
 - The side of offensive formation having the two quick receivers. (2 receiver side)
2. Weakside
 - The side of offensive formation away from the two quick receivers. (1 receiver side)
3. Tight End Side
 - The side of offensive formation where the tight end remains next to his tackle or the side of the 2 quick receivers in a 3 wide receiver formation.
Has nothing to do with strength!
4. Open Side
 - The side of offensive formation where normal wide receiver is split away from his tackle.
5. "Z" (Flanker)
 - Refers to outside receiver on strongside of formation on or off the line of scrimmage or the receiver off the L.O.S. in slot formation.
6. "Z" Close
 - "Z" split 1 to 6 yds. from "Y".
7. "X" (Split End)
 - Refers to outside receiver on weakside of formation or the outside receiver weak in a "3-wide" formation or the receiver on the L.O.S. in slot formation.
8. Tight-"X"
 - "X" split 1 yd. from his tackle.
9. "X" Near
 - "X" split 1 to 6 yds. from his tackle.
- 10(A). "Y" (Tight End)
 - Refers to end on flanker side of formation whether he is on or off line of scrimmage. Weakside end in slot formation.
- (B). "U" (Tight End)
 - Second TE in Detroit formation.
11. "Y" Flex
 - "Y" split 1 to 5 yards from his tackle.
12. "Y" Wide
 - "Y" split 7+ yards from his tackle.
13. "Y" Out
 - Denotes that the Y is lined up outside the Z.
14. Near Back
 - The back that lines up on your side.
15. Far Back
 - The back that lines up away from you.
16. Half
 - Denotes that the HB is lined up outside weak tackle 5 or more yards.
17. H Out
 - Denotes the HB is lined up outside the SE on or off line of scrimmage.
18. Switch
 - Denotes that the HB & FB have lined up in each other's position.

DEFENSIVE TERMINOLOGY (continued) - General Terms

19. "Pro" Set - A regular formation with the "Z" and "Y" on the same side and the "X" on the opposite side.
20. Slot Formation - A formation that has the "Z" and "X" on the same side and the "Y" on the opposite side, with the inside strongside receiver off the L.O.S.
21. Twin Formation - A formation that has the "Z" and "X" on the same side and the "Y" on the opposite side, with the inside strongside receiver on the L.O.S.
22. Flood - Formation with 3 players on or near L.O.S. on one side, with 2 of those players being a tight end (Y) and a wide receiver (Z).
23. Trips - Formation with 3 players on or near the L.O.S. on one side, with 2 of those players being wide receivers.
24. Unbalanced - Term referring to an unbalanced line.
25. Motion - Anyone moving toward the original strength of the formation. (toward the 2 receiver side)
26. Half Motion - Anyone moving toward the original strength of the formation but not crossing the ball.
27. Fly - Anyone moving away from the original strength of the formation. (away from the 2 receiver side)
28. Half Fly - Anyone moving away from the original strength of the formation but not crossing the ball.
29. Peel - Anyone moving and returning toward his original alignment.
30. Y Shift - Tight End ("Y") resetting from one side to the other to "Change the formation strength".
31. H-Motion - HB moving to the strongside of the formation. This does not "Change the formation strength".
32. H-Fly - HB moving to the weakside of the formation. This does not "Change the formation strength".
33. Exotic - A term used to describe any unusual formation such as "Trips", "Double", "Detroit", etc. Usually a "one" back formation.
34. Turmoil - QB takes a normal drop straight back. If no blitz, the back "chops" the Defensive End and the QB breaks containment wide outside to the right or left.
35. L.O.S. - Line of Scrimmage

DEFENSIVE TERMINOLOGY (continued) - General Terms

- | | | | |
|-----|---------------|---|--|
| 36. | P.O.A. | - | Point of Attack |
| 37. | C.P. | - | Coaching Point |
| 38. | Strong Backer | - | Outside linebacker on "Two" receiver side. |
| 39. | Weak Backer | - | Outside linebacker on "One" receiver side. |
| 40. | Mike | - | Inside linebacker on goal line or 43 defense. |
| 41. | Sam | - | The inside linebacker in Stack defense who is located on the Tight End side. |
| 42. | Will | - | The inside linebacker in Stack defense who is located on the open end side. |
| 43. | Fringe Area | - | Area of the field from +25 to +15 yard line. |
| 44. | Red Area | - | Area of the field from +15 to +5 yard line. |
| 45. | Goal Line | - | Area of the field from +5 to Goal Line. |

DEFENSIVE TERMINOLOGY (continued)B. OFFENSIVE PERSONNEL

1. "Regular" - Refers to 2 WR's, 2 Backs, and 1 TE in the game.
2. "Detroit" - Refers to 2 WR's, 2 TE's, and 1 Back in the game.
3. "Denver 3" - Refers to 3 WR's, 1 TE, and 1 Back in the game.
4. "3" (receivers) - Refers to 3 WR's and 2 Backs in the game.
5. "2Y" - Refers to 2 TE's, 2 Backs, and 1 WR in the game.
6. "3Y" - Refers to 3 TE's and 2 Backs in the game.
7. "KC" - Refers to 2 TE's and 3 Backs in the game.
8. "4W" - Refers to 4 WR's and 1 Back in the game.

DEFENSIVE TERMINOLOGY (continued)

C. FRONTS

1. 34
 - 3 Linemen, 4 Linebackers, 4 defensive backs alignment
no linebackers rushing vs. pass
2. Stack
 - 3 Linemen, 4 Linebackers, 4 defensive backs alignment
1 linebacker rushing vs. pass (by coverage)
3. Fire
 - 3 Linemen, 4 Linebackers, 4 defensive backs alignment
2 linebackers rushing vs. pass (by call)
4. Blitz
 - 3 Linemen, 4 Linebackers, 4 defensive backs alignment
3 linebackers rushing vs. pass (both OLB & Will)
(Note: Blitz also refers to the coverage used by
Sam & the 4 defensive backs in this defense)
5. 43
 - 4 Linemen, 3 Linebackers, 4 defensive backs alignment.
6. Goal Line
 - 4 Linemen, 3 Linebackers, 4 defensive backs alignment
Special defensive package for defending +5 to goal line
7. Mustang (42)
 - 4 Linemen, 2 Linebackers, 5 defensive backs alignment.
8. Pony (33)
 - 3 Linemen, 3 Linebackers, 5 defensive backs alignment.
9. Okie
 - Variation of Stack defense
10. Gap
 - Variation of Stack defense

DEFENSIVE TERMINOLOGY (continued)D. RUN SUPPORT

1. Force - This term describes the responsibility of meeting the end run in its formative stage and making the tackle or forcing the cutback, or forcing the ball carrier deep so that he is vulnerable to pursuit.
2. Primary Force Man - The player responsible for forcing the end run.
3. Secondary Force Man (Run Pass/Play Pass) - The player(s) responsible for play action pass, run pass, and delayed run support.
4. Cutback Area - The area between the force man and the first pursuit man.
5. Spillage - A defensive player who is responsible for the inside off-tackle cutback area or a deep outside bounce by a running back.
6. Sky (Safety force) - Coordinated end run support where the safety is the primary force man.
7. Cloud (Corner force) - Coordinated end run support where the corner is the primary force man.
8. Backer - Coordinated end run support where the outside linebacker is the primary force man.
9. "X" - Defensive end/outside linebacker stunt used only in blitzes; the defensive end is the primary force man.
10. Bounce - Technique used by primary force man to force ball carrier deep and out of running lane.
11. Replace - Support pattern by the defensive back to replace the contain man if he is blocked and loses containment.
12. Contain Man - Player assigned to follow football for reverse, boot, or cutback.
13. Pursuit - An aggressive procedure by defensive player in going to the ball and stopping forward progress of the ball carrier. (Inside-out approach - proper pursuit angle)
14. Crack - A down block by a flanker or split end on a safety or linebacker.
15. Backs Strong - Both backs moving to the strong side.
16. Backs Weak - Both backs moving to the weak side.
17. Split Flow - One back moving strong, while the other goes weak.

DEFENSIVE TERMINOLOGY (continued)

E. DEFENSIVE LINE & LINEBACKER TERMS

1. Base
 - Nose plays 0 technique, Ends play 4 technique.
2. Color Call
 - Call by outside linebacker to defensive end.
 - A. "Green"
 - Tells defensive end that outside linebacker is rushing. Defensive end will rush inside vs. pass.
 - B. "Any Other Color"
ex. "Blue"
 - Tells defensive end that outside linebacker is in coverage. Defensive end will contain rusher vs. pass.
3. Stunts
 - Charge by defensive linemen to change their alignment or assist our defense against the running game.
 - A. "Bandit"
 - Stunt between nose and inside linebacker. ILB hits A-gap and nose charges to far A-gap.
 - B. "Bullit"
 - Stunt between nose and inside linebacker. ILB hits A-gap and nose comes around.
 - C. "George"
 - Alignment by tackle in the A gap in a 4 man front.
 - D. "Roger"
 - Stunt sending all defensive linemen to their right. (C.P.: OLB)
 - E. "Louie"
 - Stunt sending all defensive linemen to their left. (C.P.: OLB)
 - F. "Ringo"
 - Stunt sending the nose to the right - A gap.
 - G. "Lucky"
 - Stunt sending the nose to the left - A gap.
 - H. "Ram"
 - Stunt, exchanging assignments between end and inside linebacker. End charges to B gap, inside linebacker fills C gap on flow to. Nose is the contain rusher vs. pass on the Ram side.
 - I. "Rip"
 - Stunt, exchanging assignments between end and inside linebacker. End charges to B gap, inside linebacker fills C gap on flow to.
 - J. "Scrape"
 - Stunt, exchanging assignments between end and inside linebacker. End charges to B gap, inside linebacker fills C gap on flow to. Inside linebacker is the contain rusher vs. pass.
 - K. "Slam"
 - Stunt, exchanging assignments between end, inside, and outside linebacker. End charges to B gap, outside linebacker charges to C gap, and inside linebacker fills C gap (cutback) on flow to. Nose is the contain rusher vs. pass on the Slam side.

DEFENSIVE TERMINOLOGY (continued) - Defensive Line & Linebacker Terms

- L. "Slide" - 4 man line alignment with center, both guards, and 1 tackle covered by defensive linemen.
- M. "Stuff" - Stunt between outside linebacker and end. Linebacker charges to B gap, and end plays 2 gap vs. run - contain rusher vs. pass.
- N. "X" - Stunt between outside linebacker and end (blitzes only). Linebacker charges to B gap, and end works outside to be force man.
- 4. Games
 - A. "Green Read" - Game between defensive end and (green) outside linebacker.
 - B. "Flush" - 3 man line game from 4 man front. Both tackles charge left or right and end that side comes behind and across the ball.
 - C. "Loop" - Game between defensive end and (green) outside linebacker. End rushes upfield, and linebacker starts upfield and comes underneath end.
 - D. "Me" - Tackle/end game from a 3 man or 4 man front. Tackle goes 1st and end comes inside behind tackle.
 - E. "Ram" - 3 man line game from 4 man front. End and tackle on same side come inside. Tackle on opposite side comes around for contain.
 - F. "Sammy" - Game between end and Sam. Sam hits B-gap and end comes around.
 - G. "Willy" - Game between end and Will. Will hits B-gap and end comes around.
 - H. "Sink-It" - Tackle/end game from a 3 man or 4 man front. On snap, end goes 1st (inside) and tackle comes around for contain.
 - I. "Tom" - 2 man line game from 4 man front. Strong tackle goes first and weak tackle comes around.
 - J. "You" - Tackle/end game from a 3 man or 4 man front. End goes 1st (inside) and tackle comes around for contain.

DEFENSIVE TERMINOLOGY (continued) - Defensive Line & Linebacker Terms

- S. Directions
- Huddle call alerting defensive linemen that they will be stunting. Listen for "Roger/Louie" call at L.O.S.
- A. "Base Call"
- Call telling line to return to their base technique.
- B. "Green Left"
- L.O.S. call alerting line & linebackers that the left outside linebacker is rushing.
- C. "Green Right"
- L.O.S. call alerting line & linebackers that the right outside linebacker is rushing.
- D. "Jet"
- A huddle call or audible call alerting linemen and rushing linebacker to disregard run techniques and rush passer.
- E. "Omaha"
- Verbal alert used to call off defensive line games. Linemen use straight pass rush.

DEFENSIVE TERMINOLOGY (continued)F. LINEBACKER TERMS

1. "Change" - Exchange of pass responsibility between an inside linebacker and an outside linebacker on the same side.
2. "Swap" - Exchange of pass responsibility between inside linebackers.
3. "Area" - A zone pass defense technique, in which the weak backer and an inside backer cover the two weakside pass receivers.
4. "Clamp"
(2 on 1) - A man/man pass defense technique with two linebackers playing in/out on 1 receiver (back or tight end).
5. "Igloo" - A man/man zone pass defense technique, in which 2 linebackers play man/man on a back and a receiver.
6. "Collapse" - Term referring to Sam or Strong Backer working weakside on 78 action.
7. "Funnel"
(3 on 2) - A man/man pass defense technique in which 3 defenders (usually linebackers) play 2 receivers.
8. "Banjo"
(2 on 2) - A man/man pass defense technique with 2 linebackers playing man/man on two receivers based on their release.
9. "Lock"
(2 on 2) - A man/man pass defense technique with 2 linebackers playing man/man on two receivers regardless of their release.
10. "Fox" - Both outside linebackers rushing.
11. "Bear" - Both inside linebackers rushing away from tight end.
12. "Tiger" - Both inside linebackers rushing to tight end side.
13. "Lion" - Both inside linebackers rushing straight ahead.
14. "Skunk" - Sam and outside linebacker on rushing.
15. "Fast Read" - ILB read. Both backs and ball going in same direction.
16. "Slow Read" - ILB read. Backfield action in counter, split, delayed, crossing action, or underneath ball handling.
17. "Direct Read" - ILB read. Back and ball attacking your gap.
18. "Up" - Tells inside linebacker to line up within 1 yard of L.O.S.

DEFENSIVE TERMINOLOGY (continued)

G-1. PASS COVERAGE TERMINOLOGY

1. "Area" - A zone pass defense technique in which the weak back and an inside linebacker cover the 2 weakside pass receivers.
2. "Banjo"
(2 on 2) - A man/man pass defense call telling 2 linebackers to play man/man on two receivers based on their release.
3. "Clamp"
(2 on 1) - A man/man pass defense technique in which 2 linebackers play in/out on 1 receiver (back or tight end).
4. "Collapse" - Term referring to Sam or strong backer working weakside on 78 action.
5. "Diamond" - Term referring to ILB's using a stacked alignment (drop) in 34 Cover 2.
6. "Funnel"
(3 on 2) - A man/man pass defense technique in which 3 defenders (usually linebackers) play 2 receivers.
7. "Igloo" - A man/man pass defense technique in which 2 linebackers play man/man on a back and a receiver.
8. "Iowa"
(2 on 2) - A man/man pass defense technique with 2 defensive backs playing man/man on 2 receivers based on their release.
9. "Load"
(2 on 2) - A man/man pass defense technique with the 2 safeties playing man/man on a tight end and back based on their release.
10. "Lock"
(2 on 2) - A man/man pass defense call telling 2 linebackers to play man/man on 2 receivers regardless of their role.
11. "Raider" - A man/man pass coverage on strongside #1 by the strong corner and the weak safety (2 on #1 strong).
12. "Rainbow" - A strongside man/man pass coverage. The strong corner, strong safety, and strong backer play man/man on receivers #1, #2, and #3, with the weak safety giving deep help strongside.
13. "Robber" - Adjustment used with Cover #3 which allows the WS to cover center area instead of middle of field.
14. "Rover" - A man/man pass defense term telling a designated safety to cover the center area.
15. "Solo"
(2 on 1) - A man/man pass defense technique in which 2 defensive backs play in/out on 1 receiver.
16. "Swap" - Exchange of pass responsibility between inside linebackers.
17. "Vise" - A man/man pass coverage on weakside #2 by the weak backer and weak safety (2 on #2 weak).
18. "Wilson"
(2 on 2) - A man/man pass defense technique with the weak safety and the weak corner playing man/man on a tight end and back based on their release.

DEFENSIVE TERMINOLOGY (continued) - Pass Coverage Terminology-2. TECHNIQUES RELATIVE TO PASS COVERAGE

1. Bump - Alignment in which corner or sub lines up on the L.O.S. vs. a wide receiver.
2. Hard Inside Technique (Def. Backs) - A man/man pass defense technique. Defender takes inside position on receiver (your outside shoulder is at least one yard inside the inside shoulder of the receiver).
3. Hug - A man/man pass defense technique. When a receiver sets up to block, the designated defender goes and engages that receiver so he cannot release for a pass or block a teammate.
4. Inside Technique (Def. Backs) - A man/man pass defense technique. Defender takes inside position on receiver (your inside shoulder is just inside the inside shoulder of the receiver).
5. Inside Technique (Linebackers) - A man/man pass coverage technique used by a linebacker with no deep help. Linebacker will be on inside shoulder and even with receiver as he moves downfield.
6. Jam - A pass defense technique in which defender makes contact with receiver within 5 yds. of L.O.S. to disrupt receiver's pattern.
7. Key Blitz - Technique used by outside linebacker or defensive back when he is responsible for covering near back man/man. Defender rushes, but covers near back man/man if the back releases his side on pass route.
8. Outside Technique - A man/man pass defense technique. Defender takes outside position on receiver (your inside foot splits the receiver's stance).
9. Off - Alignment in which corner or sub lines up in normal position vs. a wide receiver.
10. Pattern Read - A zone pass defense technique used by the underneath coverage. Underneath defenders will react to receiver's routes based on pattern recognition.
11. Robot - A pass defense technique used by Sam to cover the flow pass.
12. Settle Technique - Coverage technique used by defender where he waits as the receiver approaches and then jams him to disrupt the receiver's pass route.
13. Trail Technique - A man/man pass coverage technique used by a defender with deep help. Defender will trail receiver on inside shoulder and break underneath of receiver's route.

DEFENSIVE TERMINOLOGY (continued) - Pass Coverage Terminology

G-3. VERBAL ALERTS AND CALLS

1. "Bingo" - Term denoting pass interception.
2. "Buzz" - A call used in Cover 3 or 4 exchanging assignments between the outside linebacker, inside linebacker, and the safety involved in the underneath coverage.
3. "Check" - Automatic call alerting the secondary linebackers that we are going to change our pass coverage. This call will be followed by the new coverage.
4. "Club" - A call attached to our normal zone defenses, telling the corner(s) responsible for flat to jam #1 first and then react to their normal keys.
5. "Dog" - A call used in coverage in which one defender plays man/man on a certain receiver and everyone else plays normal coverage.
6. "Linda" - A call directing the left outside linebacker to rush and a zone rotation left.
7. "Rita" - A call directing the right outside linebacker to rush and a zone rotation right.
8. "Match Up" - Term used in man/man pass defenses in which linebackers cover only backs or tight ends on motion/fly adjustments.
9. "No Cover Zone" - The area from the L.O.S. to 5 yards deep in which we never cover a receiver when we are in a zone coverage.
10. "Out" - Call made in Cover #3 Zone telling defender to move out on wide receiver and hit/harass him at L.O.S., using out technique.
11. "Play It" - Call alerting the secondary and linebackers to remain in the coverage called.
12. "Push" - Term alerting pass defenders on motion/fly that defenders will slide one man over to adjust to movement.
13. "Sloop" - A call to designated defender to drop to flat and take away out cut by #1. (C.P. - Corner's technique will change on "Sloop" call).
14. "Soft" - A call on zone defenses, telling the corner(s) to disguise the coverage by dropping to 14 yards and then settling in flat area.
15. "Spots" - A call attached to our normal zone defenses, telling the underneath coverage to drop to their mid-points and get depth until the ball is released. Defenders will not pattern read.

DEFENSIVE TERMINOLOGY (continued) - Pass Coverage TerminologyG-4. ZONES IN PASS DEFENSE

1. Curl Zone - The area 15 yards deep with a mid-point on the numbers.
2. Hold the Curl - Term used in zone coverage telling the curl defender to prevent any passes to the curl zone for as long as possible.
3. Deep 1/3 - The area covering 1/3 of the field on your side from a depth of 15 yards to the end line.
4. Flat Zone - The area 12-15 yards deep with a mid-point 3 yards outside the numbers.
5. Hook Zone - The area 12-15 yards deep with a mid-point 2 yards outside hashmark.
6. Middle 1/3 (MOF) - The area covering the middle 1/3 of the field from a depth of 15 yards to the end line.
7. Slot Zone - The area 15 yards deep with a mid-point 3 yards inside the numbers.
8. 2nd Man Thru - Term used in zone coverages referring to the second receiver running thru an outside zone (curl or flat). The defender responsible for that zone plays 2nd receiver man/man deep.

DEFENSE TERMINOLOGY (continued) - Pass Coverage Terminology

G-5. PASS ACTIONS

1. Boot Pass - Passes off action of quarterback running away from the flow of backs (300 series).
2. Counter - Backs release into the pass pattern opposite of the way they usually release.
3. Flow - 4 receivers going strongside on a play action pass from pro formation (100 series).
4. Run Pass (HB Pass) - Pass thrown by a running back off run action (400 series).
5. 78 Action - 3 receivers going weakside on a pass play.
6. 68 Action - 4 receivers going strongside on a pass play.
7. Slow Block - Block by tight end or Tight X on linebacker before releasing on pass route.
8. Split Flow - Normal release by receivers into pass pattern. 3 receivers strongside, 2 receivers weakside.
9. Weakside Play Action - 3 receivers going weakside on a play action pass from pro formation (100 series).
10. (Slow) Screen - Delayed type pass thrown behind L.O.S. to any receiver with part of the linemen forming a blocking pattern around the receiver prior to his catching the ball. Onside tackle pass blocks.
11. Read (Screen) - Pass play with a designed downfield pattern in addition to a screen set behind L.O.S. Ball can be thrown to either area.
12. Slip (Screen) - Delayed pass thrown behind L.O.S. with blocking pattern setting up quicker than a screen pass. The onside tackle is part of the slip wall.

DEFENSIVE TERMINOLOGY (continued) - Pass Coverage TerminologyG-6. BLITZ

1. Blitz
 - A specific coverage by 4 defensive backs and 1 linebacker with a flow rule for defensive backs.
- Blitz
 - A penetrating type of rush utilizing linebackers to disrupt a run scheme or add pressure to the quarterback attempting to throw the ball.
2. Crash
 - A combination of linebackers and defensive backs rushing. A specific coverage by outside linebackers and other defenders.
3. Lightning
 - A combination of linebackers and weak safety rushing. A specific coverage by 5 defenders.
4. Storm
 - A combination of linebackers and defensive backs rushing from the 4-2 defense. A specific coverage by remaining pass defenders.
5. Thunder
 - Two linebackers and 1 defensive back rushing. A specific coverage by 3 defensive backs and 2 linebackers.

DEFENSIVE TERMINOLOGY (continued)

H. GOAL LINE TERMS

1. "Anchor"
(left/rt./double) - Tackle responsible for A gap, End responsible for B gap. Outside backer responsible for C gap. (SS responsible for D gap). Mike fills D gap on Anchor weak, E gap on Anchor strong.
2. "Banjo" - Coverage technique on dropback pass with Mike and SS (or WC) playing man/man on two receivers based on their release.
3. "Blanket" - Variation of goal line coverage by corner and safety used vs. #1 wide (could be strong side or weak side).
4. "Crash" - Man/Man coverage with no flow rule.
5. "Dart"
(str/wk/double) - Outside linebacker uses penetrating charge to D gap on snap. Mike fills C gap to dart side. Strong: SS responsible for E gap. SC has cutback. Weak: WB responsible for D gap (force). WC has c
6. "Five" (5) - Call for defensive ends to stunt C gap on snap. Mike fills B gap and outside.
7. "Load" - Strong and Weak Safety playing man/man on a tight end and back based on their release.
8. "Long" - Call alerting defensive line to an open formation. Use 3 point stance.
9. "Man" - Man/Man coverage with a flow rule for defensive back
10. "Oscar" - Goal line defense with linemen charging out and Mike and weak safety hitting on respective sides. Coverage used with Oscar charge by linemen (outside Corners, and SS in coverage).
11. "Wilson" - Weak Corner and Weak Safety playing man/man on a tight end and back based on their release.

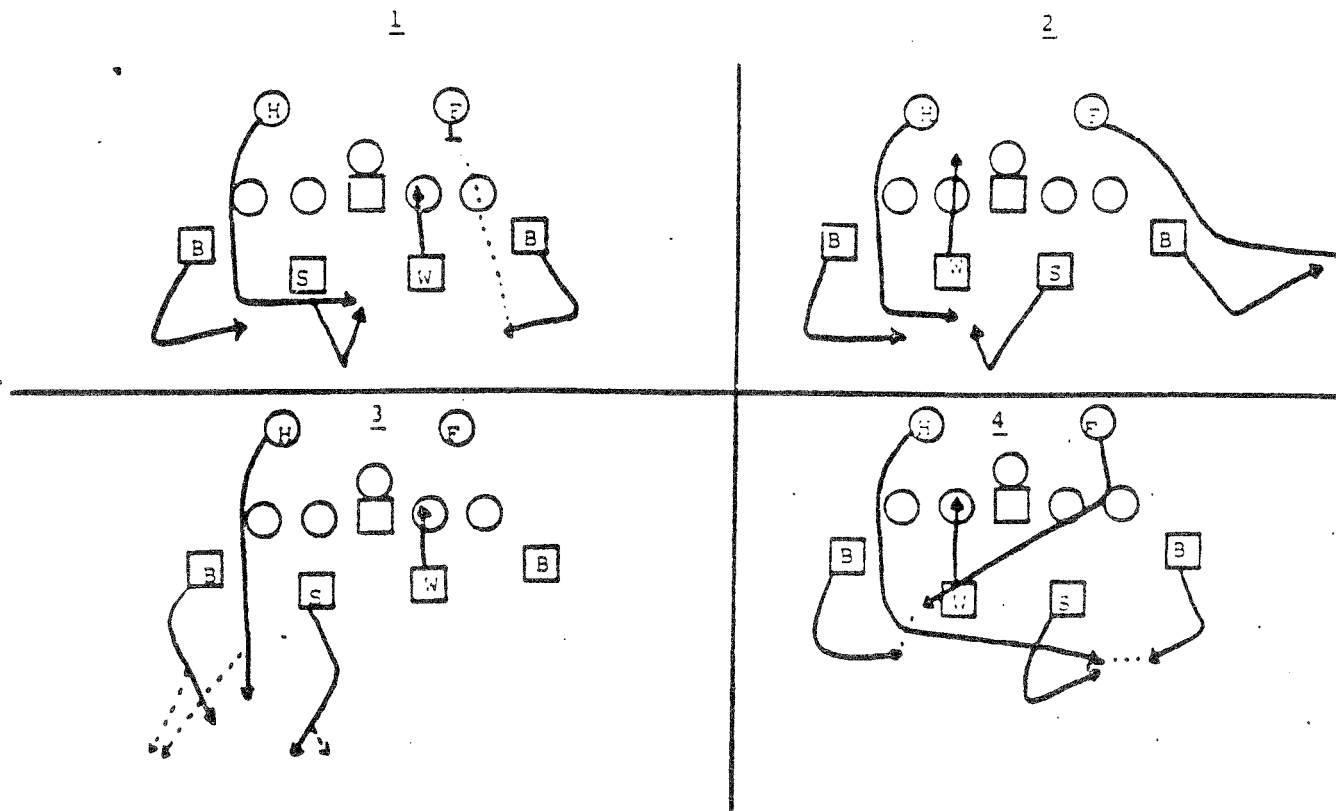
MAN/MAN PASS DEFENSE TECHNIQUES (continued)

5. FUNNEL TECHNIQUE - A man/man pass defense technique in which 3 defenders (usually linebackers) cover 2 receivers.

C.P. - No funnel vs. wing, I, strong

- A. Drop:
- OLB - Drop outside and off designated receiver, get depth, and read receiver's route.
 - ILB - Drop to midpoint between designated receivers, get depth, and read both receivers.

- B. Pattern Read
- OLB - react to pattern by closest designated receiver.
 - a) Vs. outside route - cover any outside route, including out & up. Get in stride with receiver.
 - b) Vs. inside route - squeeze inside route & look for other designated receiver crossing - N.T. - continue to squeeze inside.
 - c) Vs. block - look inside for crossing receiver. N.T. - alert for back check or screen
 - d) Vs. deep pattern - cover close route outside/in - be in position to cover flag.
 - ILB - react to deepest inside pattern by designated receivers
 - a) 1 receiver outside - look to other receiver N.T. - zone middle
 - b) 1 receiver inside - cover that receiver
 - c) 2 receivers inside - cover deepest receiver
 - d) Vs. deep pattern - cover close route inside/out C.P. - with post help, turn over close route at 15 yds.



	<p align="center"><u>#2 Block</u></p> <p><u>Weak Backer</u>- Find #1 and play his pattern. Be alert for screen.</p> <p><u>Will</u>- Feather strong to ball and look for crossers. Be alert for screen and #2 check.</p> <p><u>Weak Corner</u>- Play #1's pattern. Squeeze inside cuts.</p>
	<p align="center"><u>#2 Inside</u></p> <p><u>Weak Backer</u>- Roll inside (parallel). Cover #1 on inside routes.</p> <p><u>Will</u>- Carry #2 inside to ball (see QB) CP: Release shallow cross and play hook zone.</p> <p><u>Weak Corner</u>- Play #1's pattern. Squeeze inside cuts.</p>
	<p align="center"><u>#2 Outside</u></p> <p><u>Weak Backer</u>- Hold curl and release when #2 clears. CP: 2nd man thru.</p> <p><u>Will</u>- Expand to #1 and cover inside route by #1. CP: #1 outside/deep-look for strong crossers</p> <p><u>Weak Corner</u>- vs. #2 short- play #1's pattern vs. #2 upfield- alert #2 deep</p>
	<p align="center"><u>#2 Stop</u></p> <p><u>Weak Backer</u>- Hold curl. Drive to stop on throw. CP: Alert #1 out - break parallel.</p> <p><u>Will</u>- Cover hook. Drive to stop on throw. CP: Alert down & distance.</p> <p><u>Weak Corner</u>- Play #1's pattern. Squeeze inside cuts.</p>
	<p align="center"><u>#2 Close</u></p> <p><u>Weak Backer</u>- Hold curl to 15 yards. CP: Alert #1 out - break parallel.</p> <p><u>Will</u> - Cover close to 15 yards. Release at 15 and look for crossers/#1 delay.</p> <p><u>Weak Corner</u>- Cover deep 1/3 thru your midpoint. On throw, squeeze #2 seam-drive on #1 out.</p>

WEAKSIDE PATTERN READS - COVER #3

	<p><u>#2 Fan/Flag</u></p> <p><u>Weak Backer</u>- Hold curl to 15 yds. CP: 2nd man t vs. #2 inside & deep, alert #1 out- break paral</p> <p><u>Will</u>- Cover close to 15 yards. Release at 15 and look for crossers/#1 de</p> <p><u>Weak Corner</u>- Cover deep 1/3. (deepest of #1/#2)</p>
	<p><u>#1 Action</u></p> <p><u>Weak Backer</u>- Find #1 and play his pattern.</p> <p><u>Will</u>- Feather strong to ball and look for cross</p> <p><u>Weak Corner</u>- Play #1's pattern. Squeeze inside cuts.</p>
	<p><u>#2 Action</u></p> <p><u>Weak Backer</u>- Drop to curl and release to #2/#3 CP: 2nd man thru.</p> <p><u>Will</u>- Cover #2 close to 15 yds. (if it shows) Expand to #1 and cover inside route by #1</p> <p><u>Sam</u>- Cover inside receiver weak of #1/#2/#3.</p> <p><u>Weak Corner</u>- Normal reads off #2's pattern.</p>
	<p><u>Read Screen</u></p> <p><u>Weak Backer</u>- Drop to curl and release to #2 (be</p> <p><u>Will</u>- Expand to #1 and cover inside route by #1 Be inside defender vs. screen.</p> <p><u>Sam</u>- Squeeze strongside #2 inside. If #3 blocks, jump #2.</p> <p><u>Weak Corner</u>- Play #1's pattern. Squeeze inside</p>
	<p><u>Slow Screen (Check)</u></p> <p><u>Weak Backer</u>- Be force man (outside).</p> <p><u>Will</u>- Pursue inside/out.</p> <p><u>Weak Corner</u>- Secondary support. Stay outside unless using sideline.</p>

	<p><u>#2 Block</u></p> <p><u>Weak Corner</u>- Cover #1 fade—vs. #1 inside—cover Q, squeeze inside cuts. Alert for screen.</p> <p><u>Will</u>- Find #1 and cover #1's inside routes. vs. #1 outside, feather and look for crossers. Be alert for screen and #2 check.</p> <p><u>Weak Safety</u>- Play #1's pattern.</p>
	<p><u>#2 Inside</u></p> <p><u>Weak Corner</u>- Cover #1 fade. vs. #1 inside—cover Q, squeeze inside cuts.</p> <p><u>Will</u>- Carry #2 inside to ball (see QB)</p> <p><u>CP</u>: Release shallow cross and play hook zone.</p> <p><u>Weak Safety</u>- Play #1's pattern.</p>
	<p><u>#2 Outside</u></p> <p><u>Weak Corner</u>- Cover #1 fade. vs. #1 inside—cover Q, squeeze inside cuts. Release #1 when #2 clears <u>CP</u>: 2nd man thru</p> <p><u>Will</u>- Expand to #1 and cover inside route by #1.</p> <p><u>CP</u>: #1 outside/deep—look for strongside crosser</p> <p><u>Weak Safety</u>- Play #1's pattern.</p>
	<p><u>#2 Stop</u></p> <p><u>Weak Corner</u>- Cover #1 fade. vs. #1 inside—cover Q, squeeze inside cuts. Hold curl. Drive to stop on throw.</p> <p><u>Will</u>- Cover hook. Drive to stop on throw.</p> <p><u>CP</u>: Alert down & distance.</p> <p><u>Weak Safety</u>- Play #1's pattern.</p>
	<p><u>#2 Close</u></p> <p><u>Weak Corner</u>- Cover #1 fade. vs. #1 inside, alert Q. Squeeze #2 to 15 yds. Alert fan/flag.</p> <p><u>Will</u>- Cover close to 15 yards. Release at 15 and look for crossers/#1 delay.</p> <p><u>Weak Safety</u>- Cover deep 1/2 thru your midpoint. Read QB (cover #2 on seam).</p>

WEAKSIDE PATTERN READS - COVER #2

	<p><u>#2 Fan/Flag</u></p> <p><u>Weak Corner</u>- Cover #1 fade. Squeeze #2 and cover outside breaks (2nd man thru)</p> <p><u>Will</u>- Cover close to 15 yds. Release at 15 and look for crossers/#1 delay</p> <p><u>Weak Safety</u>- Cover deep 1/2 thru your midpoint.</p>
	<p><u>68 Action</u></p> <p><u>Weak Corner</u>- Cover #1 fade vs. #1 ins-cover Q, squeeze inside cuts.</p> <p><u>Will</u>- Find #1 and play #1's inside routes. vs. #1 outside, feather and look for crosser</p> <p><u>Weak Safety</u>- Play #1's pattern.</p>
	<p><u>78 Action</u></p> <p><u>Weak Corner</u>- Cover #1 fade. vs. #1 inside, cover Release #1 on throw and cover #2/#3 in flat.</p> <p><u>Will</u>- Cover #2 on close to 15 yards (if it shows) Expand to #1 and cover inside route by #1</p> <p><u>Sam</u>- Cover inside receiver weak of #1/#2/#3.</p> <p><u>Weak Safety</u>- Normal weakside reads off #1 and #2.</p>
	<p><u>Read Screen</u></p> <p><u>Weak Corner</u>- Cover #1 fade. vs. #1 inside, cover Release to flat on throw and be force on scr</p> <p><u>Will</u>- Expand to #1 and cover inside route by #1. Be inside defender vs. screen.</p> <p><u>Sam</u>- Squeeze strongside #2 inside. If #3 blocks, jump #2.</p> <p><u>Weak Safety</u>- Play #1's pattern.</p>
	<p><u>Slow Screen (Check)</u></p> <p><u>Weak Corner</u>- Be force man (outside).</p> <p><u>Will</u>- Pursue inside/out.</p> <p><u>Weak Safety</u>- Secondary support. Stay outside unless using sideline.</p>

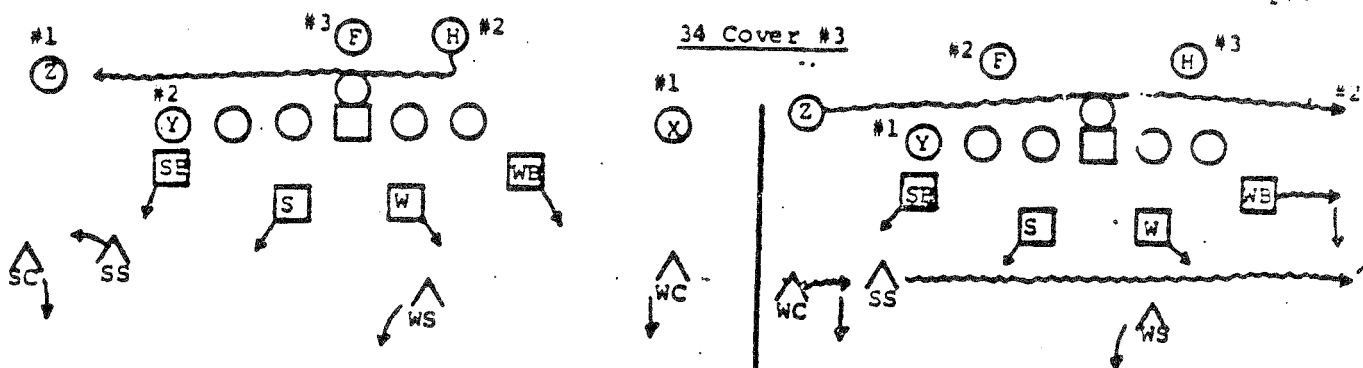
MOTION/FLY ADJUSTMENTS

We have 3 types of coverages - Regular coverages, Match-up coverages, and Blitz coverages. Regular coverages can be used in any situation and have one set of adjustments. Match-up coverages are passing situation coverages and our adjustments are formulated with priority on pass coverage. Blitz coverages can be used in any situation and has a specific set of adjustments. In all coverages, we will use the standard adjustment unless game plan dictates otherwise.

Regular Coverages: (Strength)

Corners line up on #1 (widest receiver).

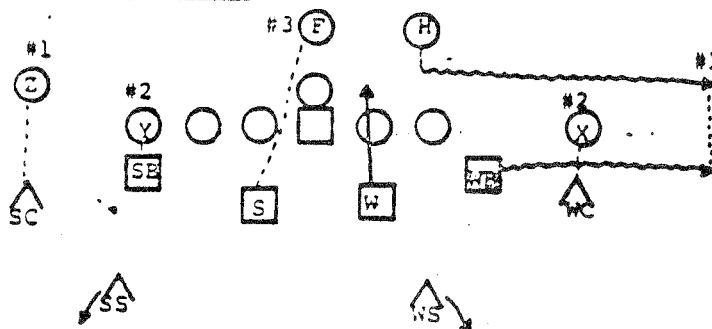
Outside linebackers line up on #2. C.P. - Never come off tight on
Inside linebackers never move off guard (except to loosen up).



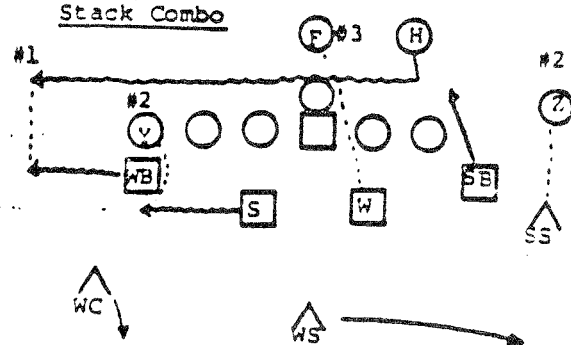
Match-up Coverages: (Strength)

Corners & Safeties responsible for covering WR/TE depending on coverage. Linebackers line up on your coverage & are responsible for Backs/Linebackers will never come off a back/TE to cover a wide receiver.

Stack 2 Man



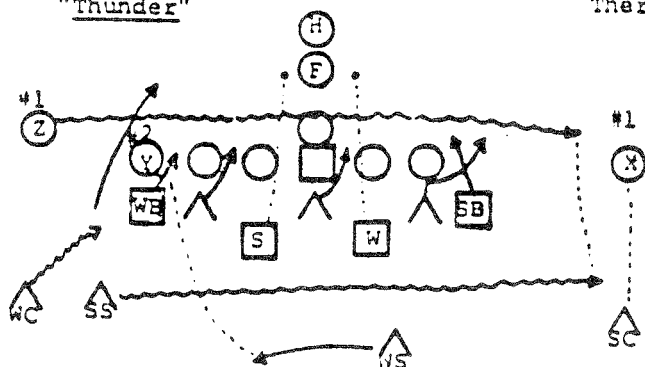
Stack Combo



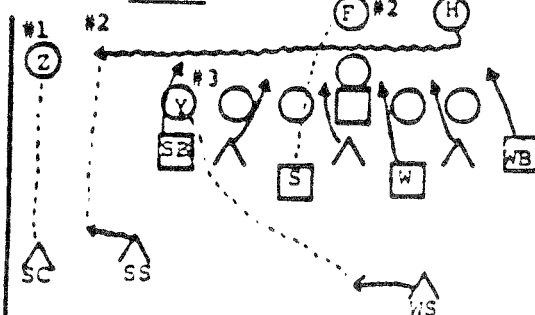
Blitz & Tight End Based Coverages: (tight end)

Coverage assignments based on the location of the tight end. Front people involved in pressure defense do not cover tight end. There is a one back rule for each coverage.

"Thunder"



Blitz



UNBALANCED LINE

In order to be sound in our defense we must be able to adjust our defense to unbalanced line.

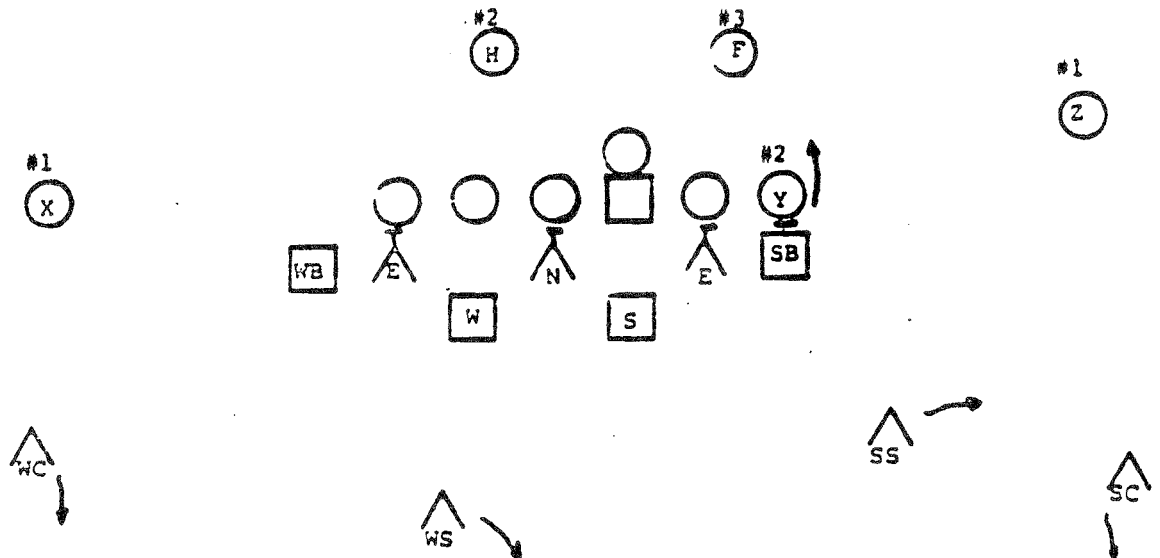
The alert call for unbalanced line is "UNBALANCED".

Example:

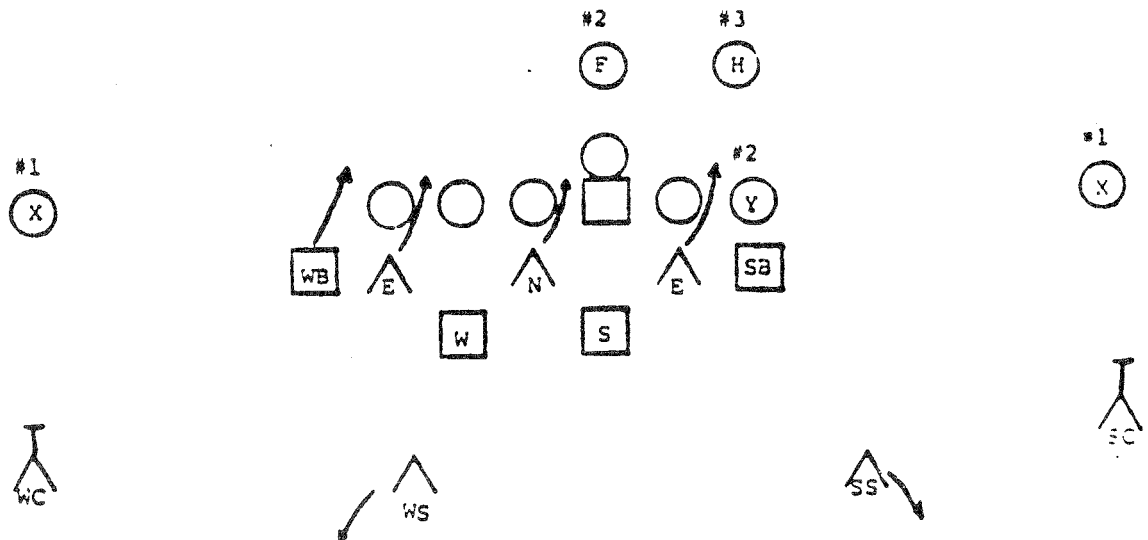
LB will say - "UNBALANCED LEFT - MOVE LEFT"

1. All Defensive people will move one man to left.
2. Strong Safety and Sam will still go to the 2 receiver side.
3. Play Coverage called.
4. If we want to move over and then Stunt back we will say - "UNBALANCED LT. - MOVE LEFT" - "Roger" (Cover #2)

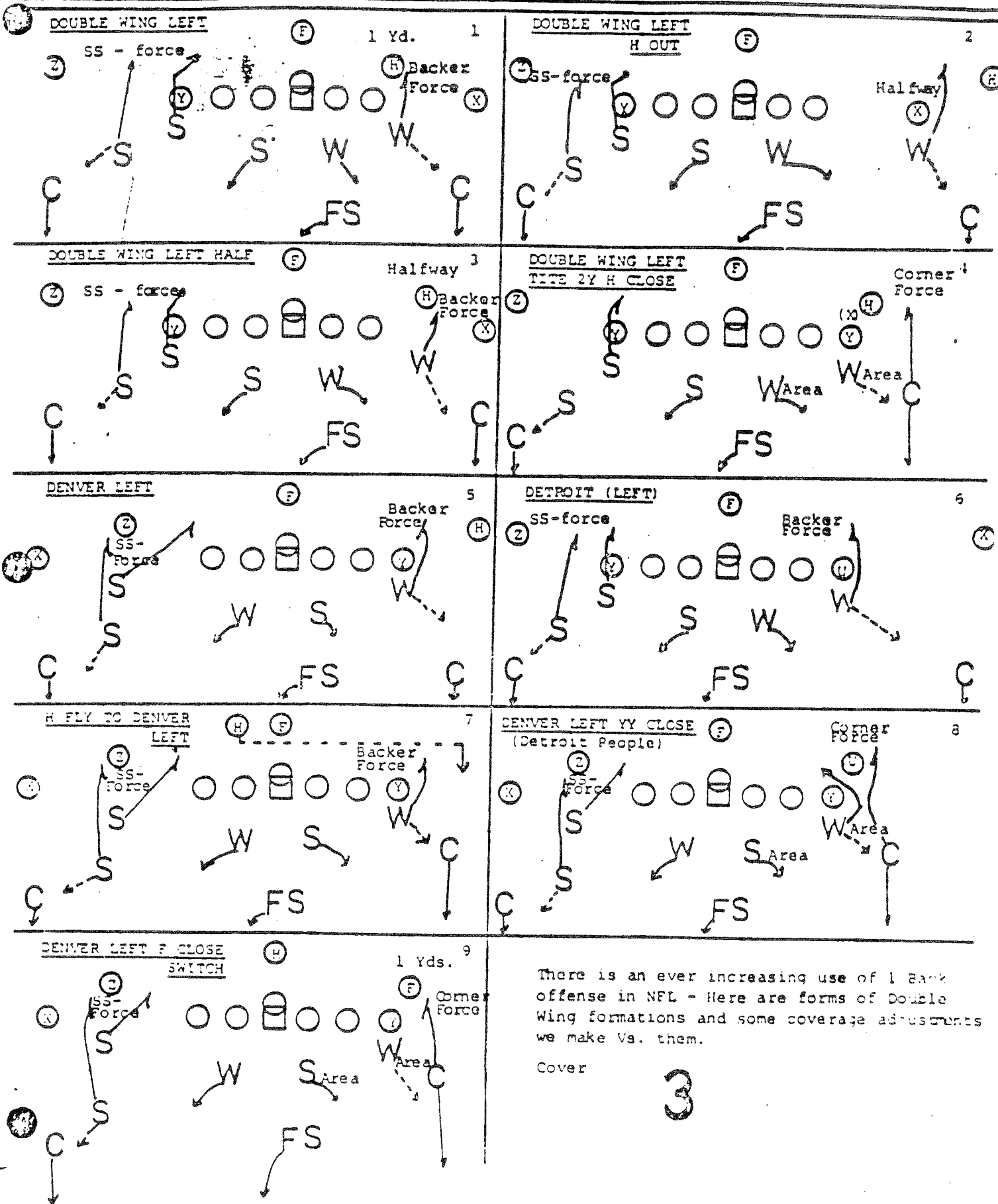
STACK 3



STACK 2 - "Roger"



KINDS OF 1 BACK OFFENSES WE FACE

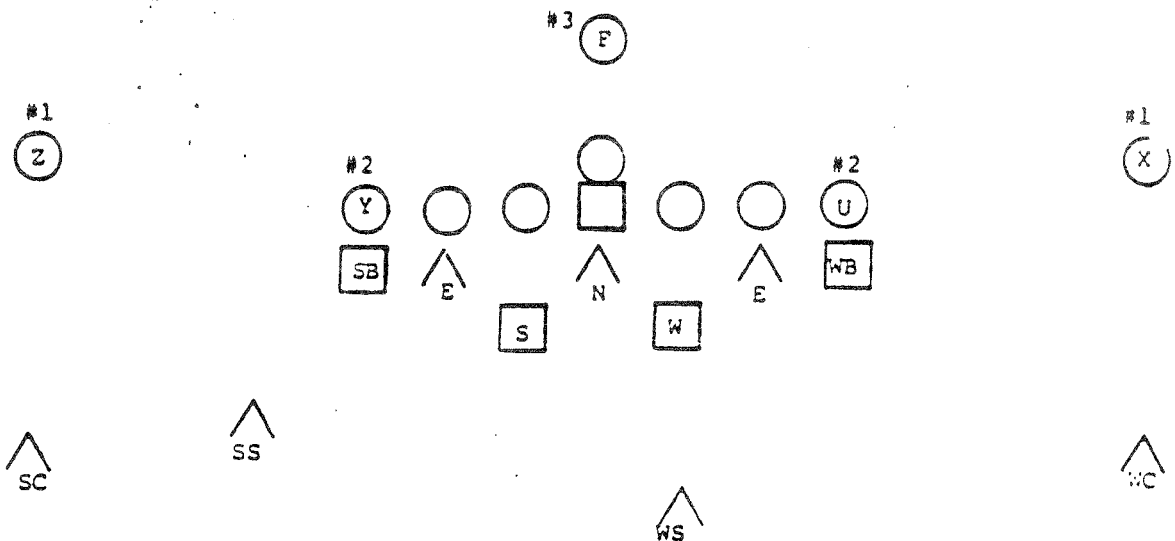




Cover

3

DETROIT FORMATION



Detroit People - 2 WR
2 TE
1 Back

Balanced Detroit Formation - strength is left (unless game planned otherwise)

Detroit Variations - Denver, Flood, Trips

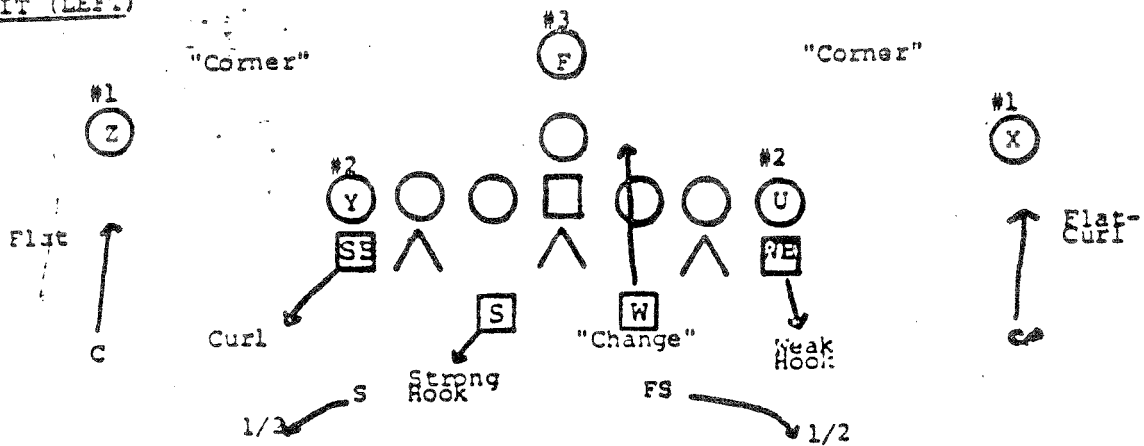
Detroit Coverages

- | <u>Zone</u> | <u>Man/Man</u> |
|--------------------------------------|-----------------------------|
| 1. Stack Cover #2 | 1. Stack "Frisco" |
| 2. 34 Cover #2 (No Move, No COS) | 2. Stack Cover #2 Man/Combo |
| 3. Stack, 34 Cover #3 (+ variations) | 3. Fire Skunk 0 Match up |
| 4. Stack Cover #4 | 4. Blitz |
| 5. Stack Linda/Rita | 5. Lightning |
| 6. Gap Linda/Rita | 6. Typhoon |
-
- Double Calls
7. Stack Cover #2/Zebra
 8. Stack Cover #3/Zebra -
 9. Stack Cover #2/3
 10. Stack 2 Dallas/Zebra
 11. Stack 2/3 Dallas

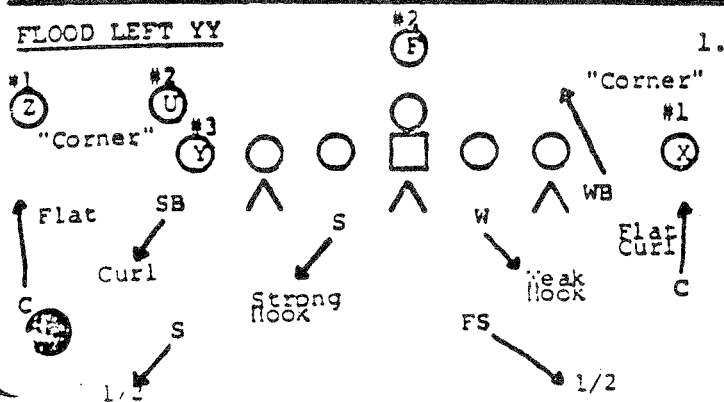
DETROIT VARIATIONS

Cover 2 (Zebra)

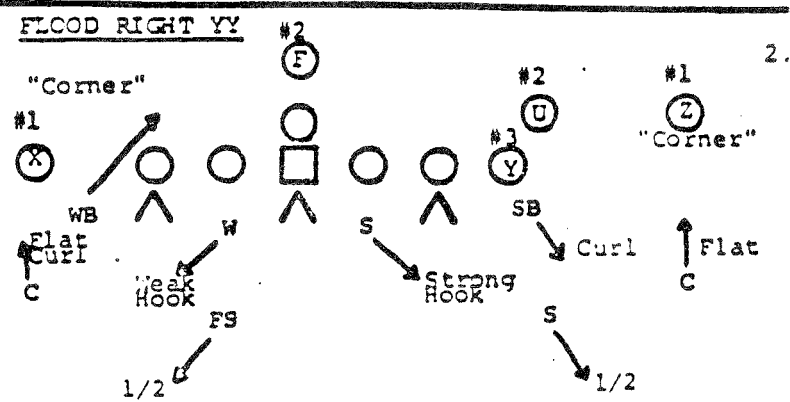
DETROIT (LEFT)



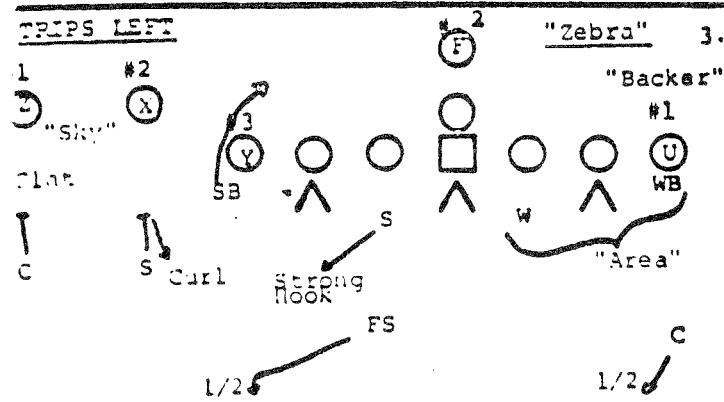
FLOOD LEFT YY



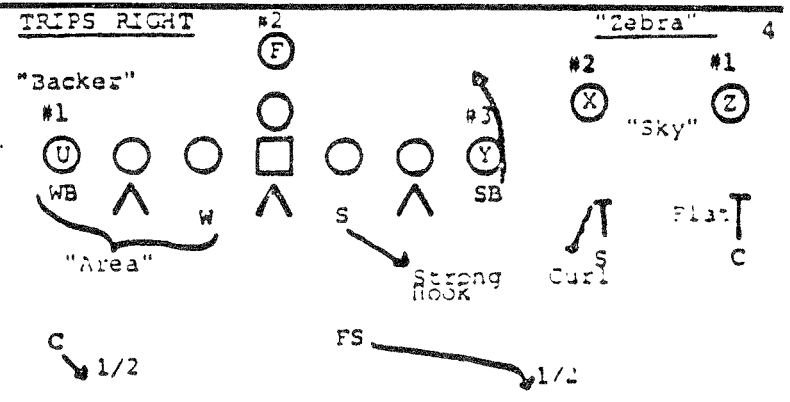
FLOOD RIGHT YY



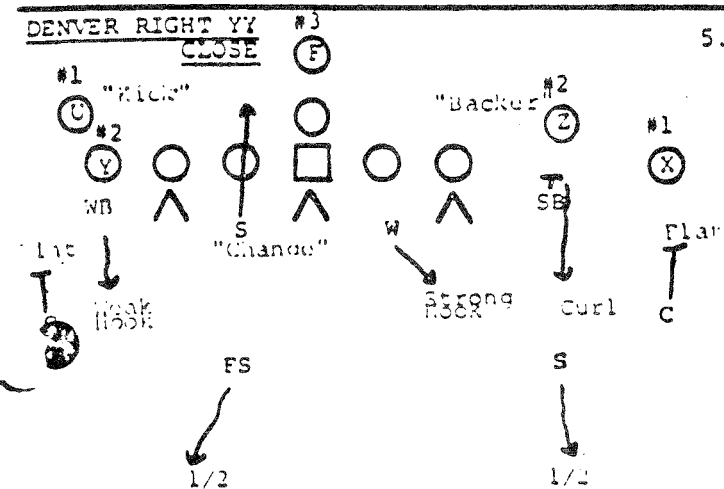
TRIPS LEFT



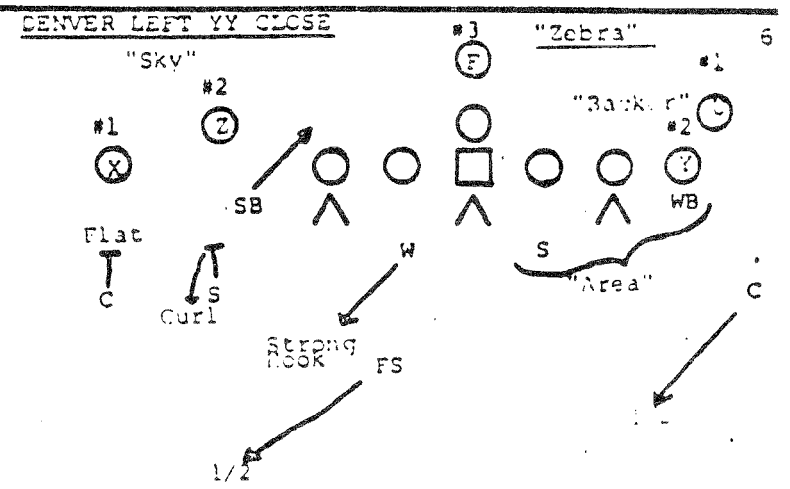
TRIPS RIGHT



DENVER RIGHT YY CLOSE



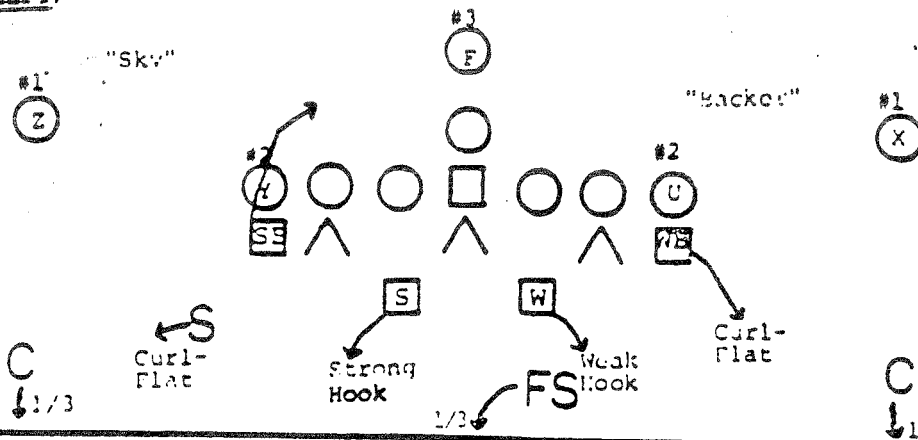
DENVER LEFT YY CLOSE



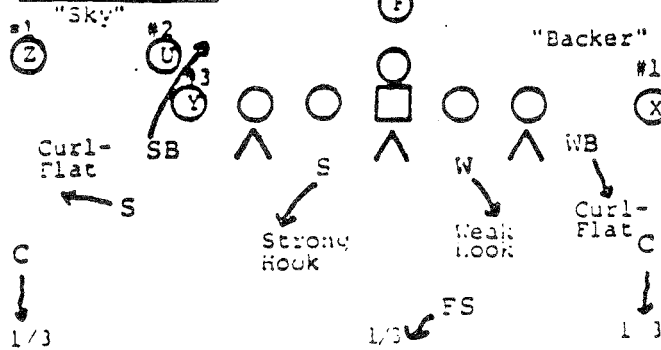
DETROIT VARIATIONS

Cover 3

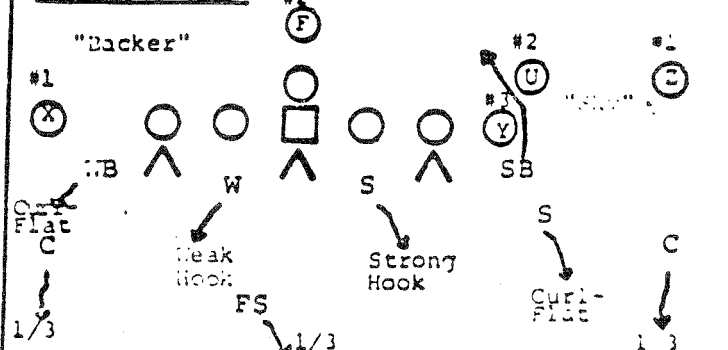
DETROIT (LEFT)



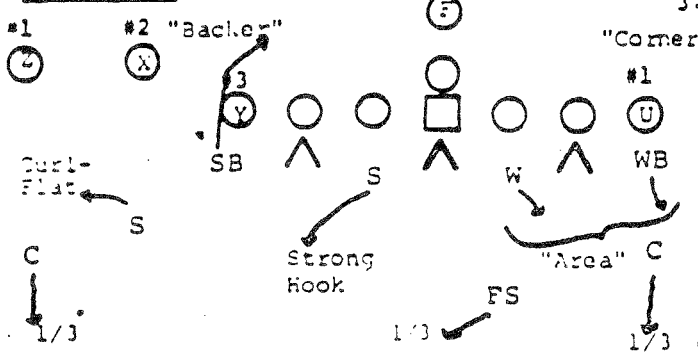
FLOOD LEFT YY



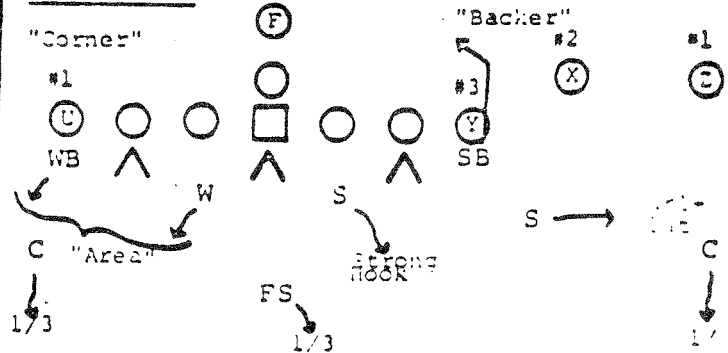
FLOOD RIGHT YY



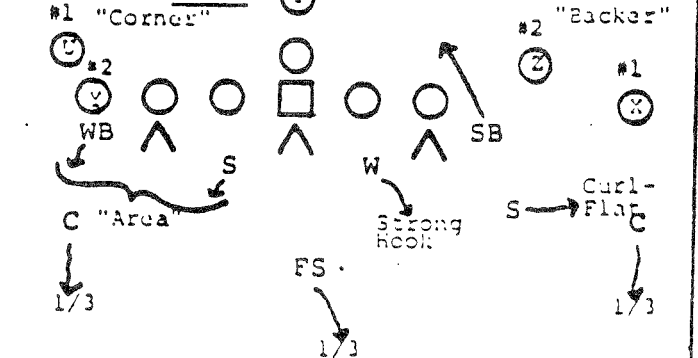
TRAPS LEFT



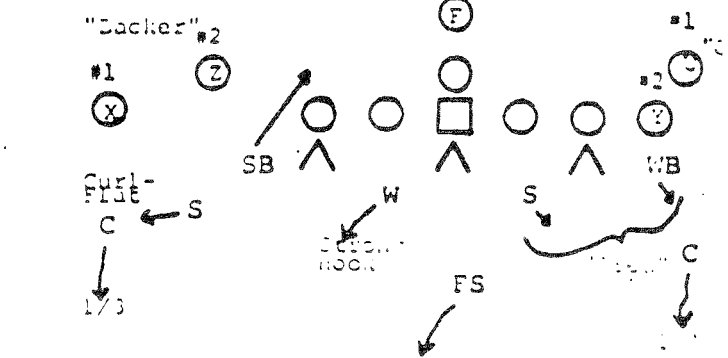
TRAPS RIGHT



DENVER RIGHT YY CLOSE

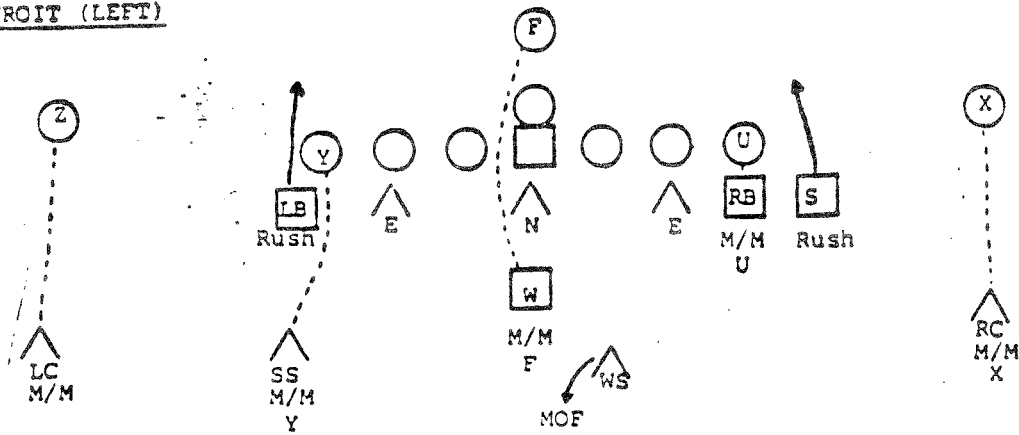


DENVER LEFT YY CLOSE

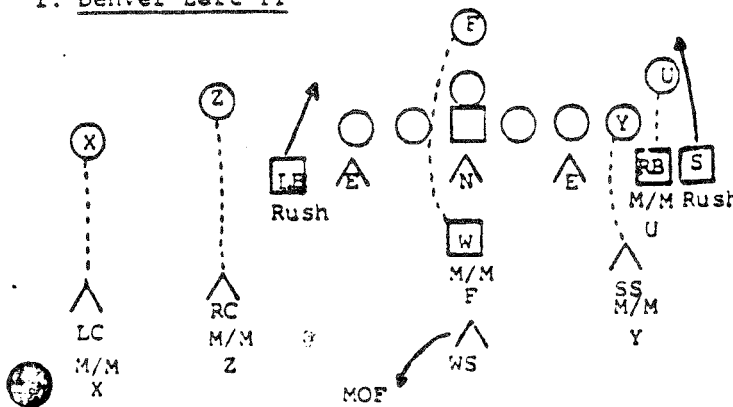


FIRE SKUNK O MATCH-UP

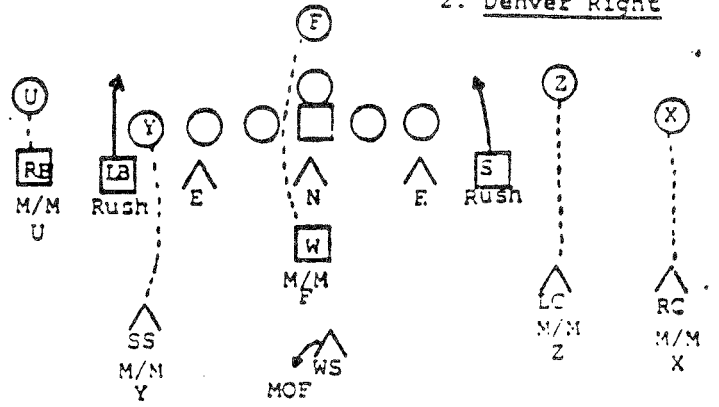
DETROIT (LEFT)



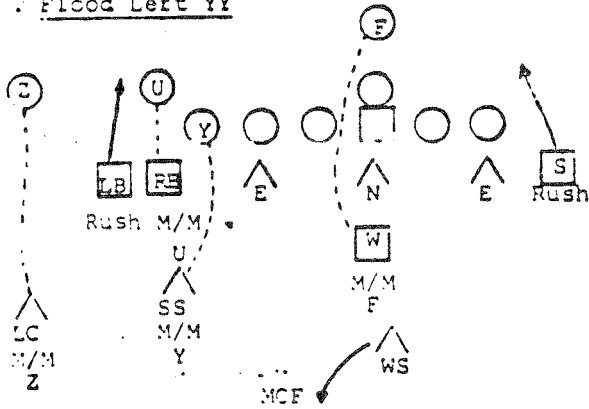
1. Denver Left YY



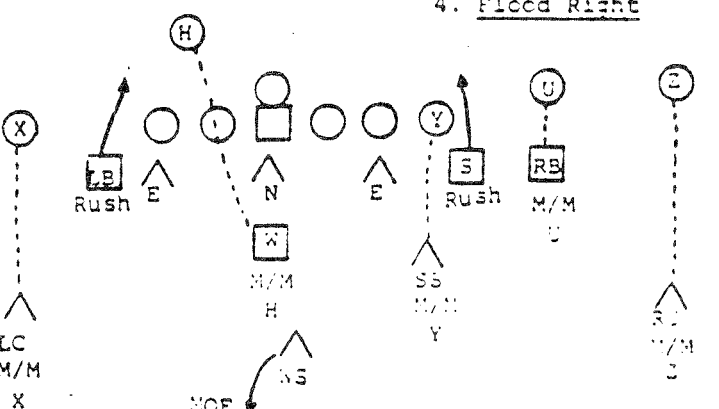
2. Denver Right



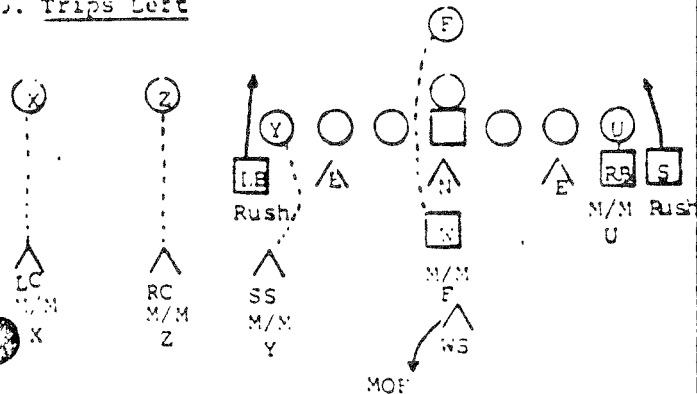
3. Flood Left YY



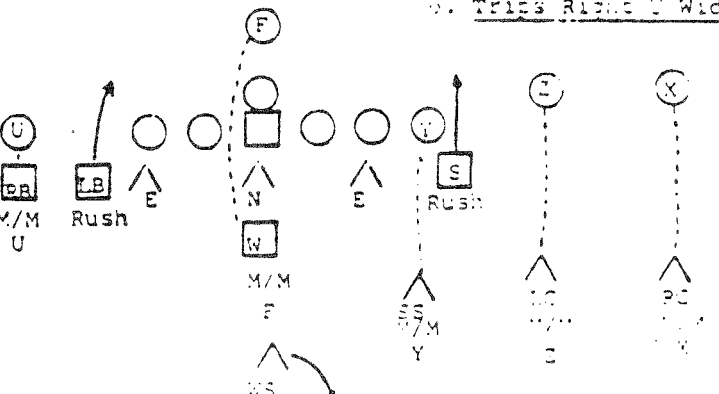
4. Flood Right



5. Trips Left



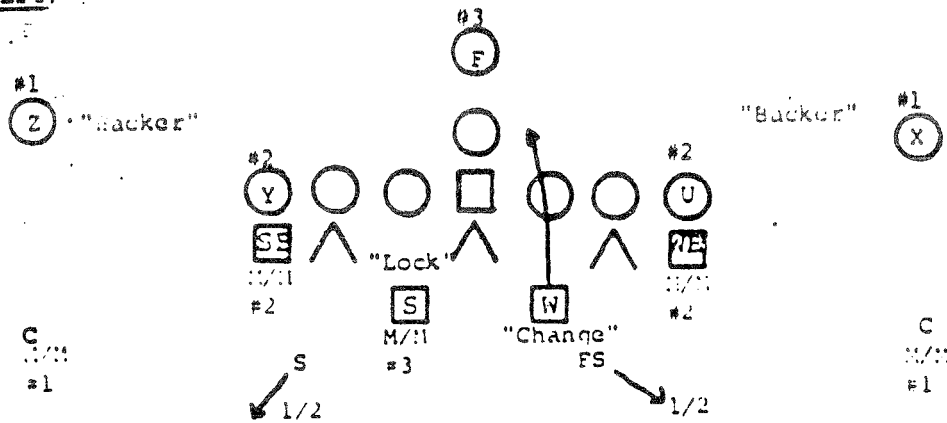
6. Trips Right Wide



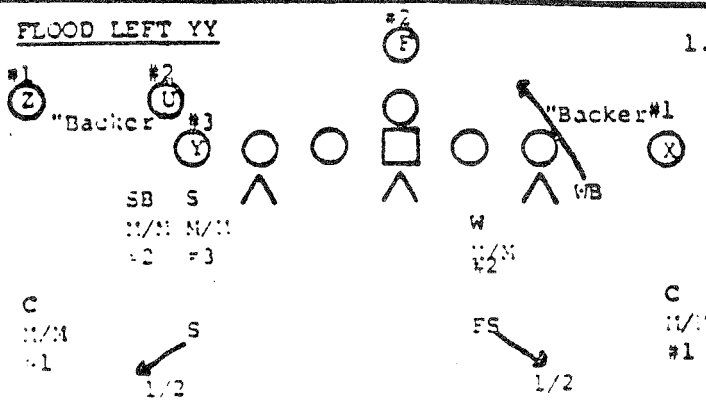
DETROIT VARIATIONS

Cover 2 Man (Combo)

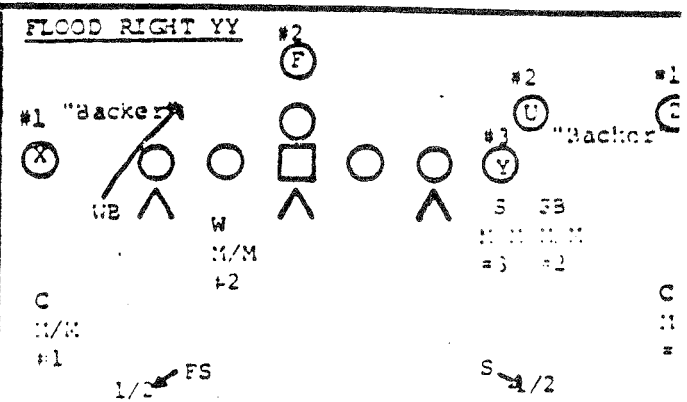
DETROIT (LEFT)



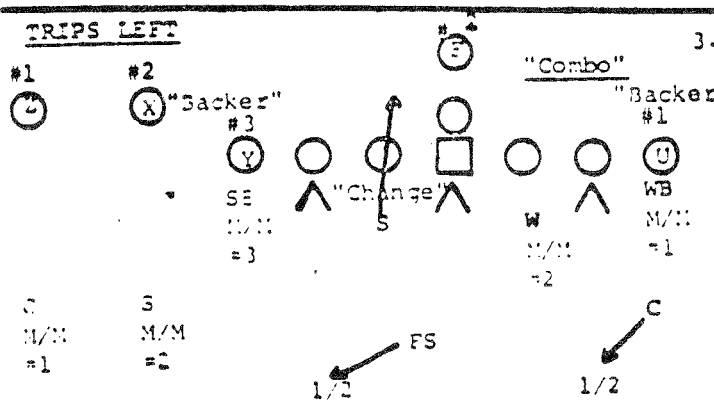
FLOOD LEFT YY



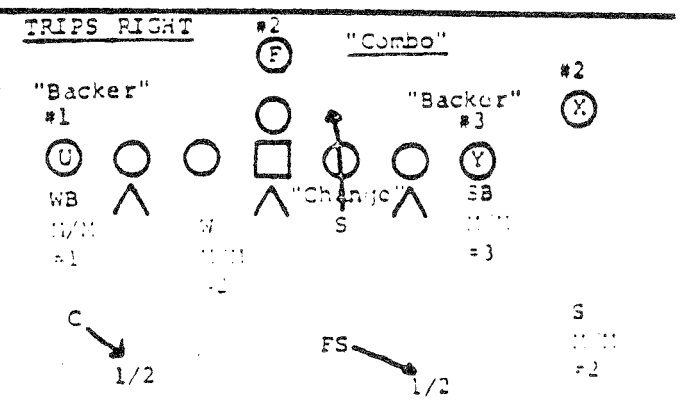
FLOOD RIGHT YY



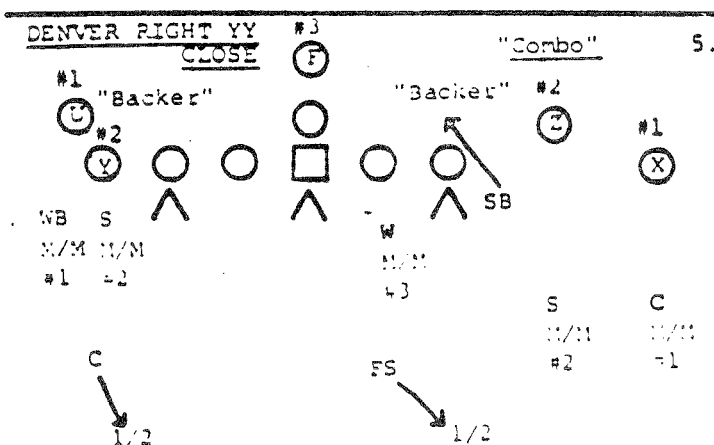
TRIPS LEFT



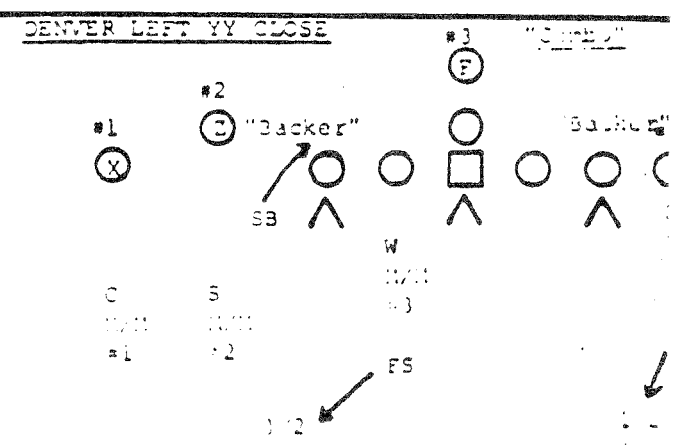
TRIPS RIGHT



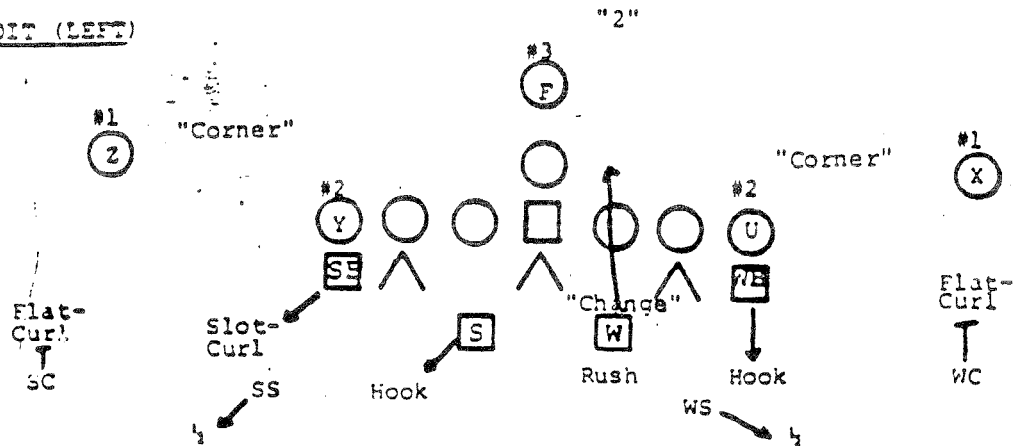
DENVER RIGHT YY CLOSE



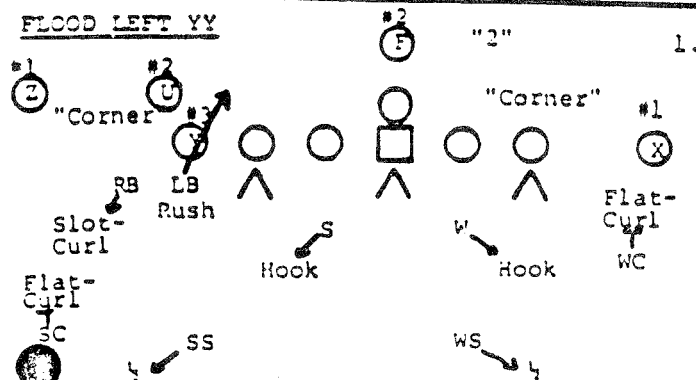
DENVER LEFT YY CLOSE



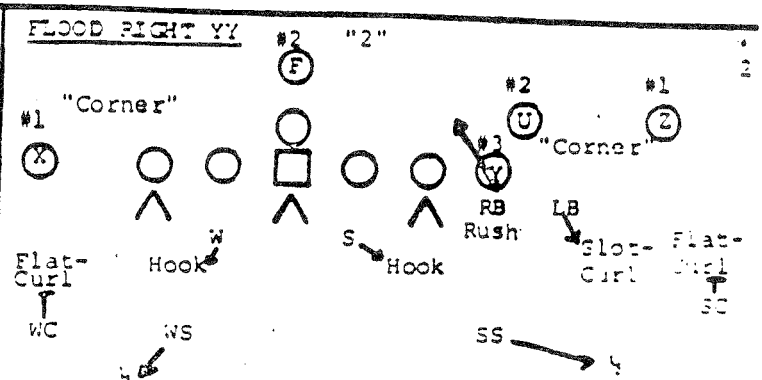
DETROIT (LEFT)



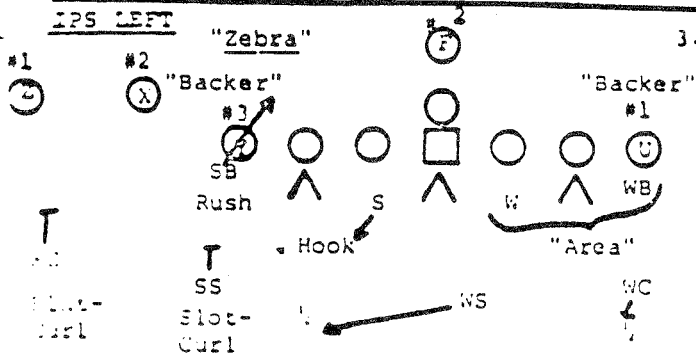
FLOOD LEFT YY



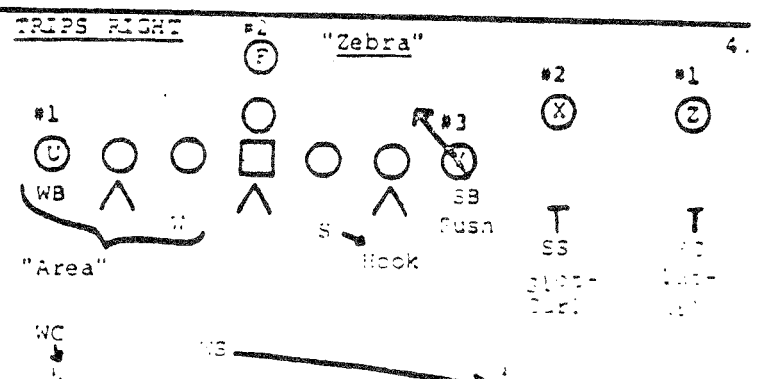
FLOOD FIGHT YY



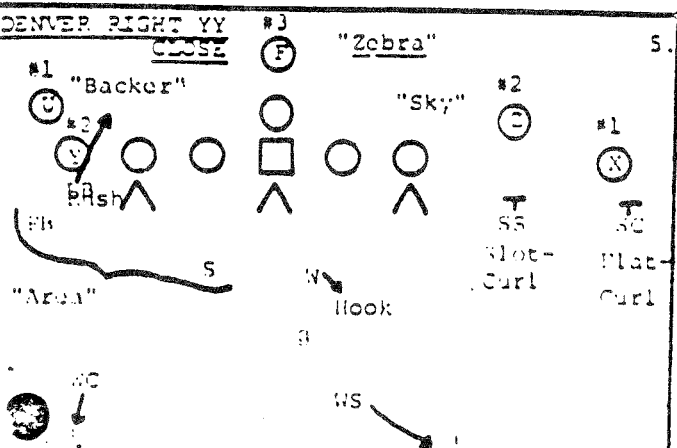
IPS LEFT



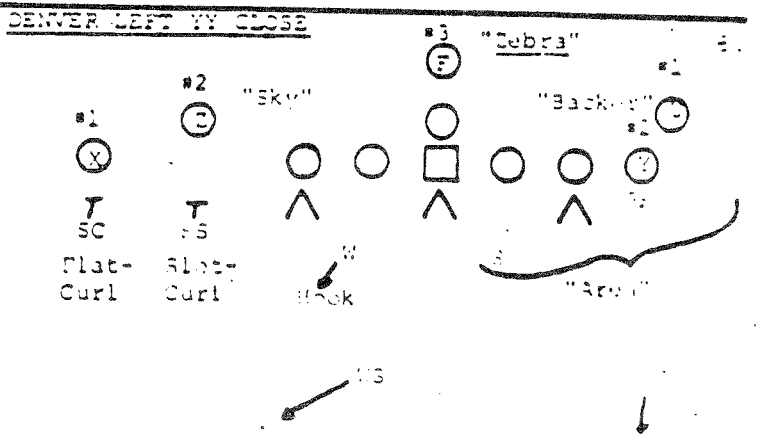
TRIPS HIGH



DENVER RIGHT YY
CHISE



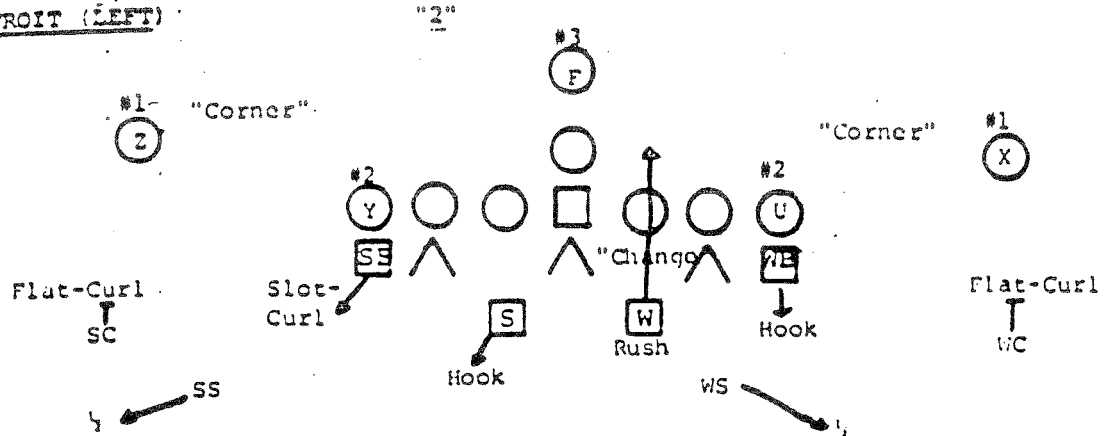
DENVER LEFT TV CLOSE



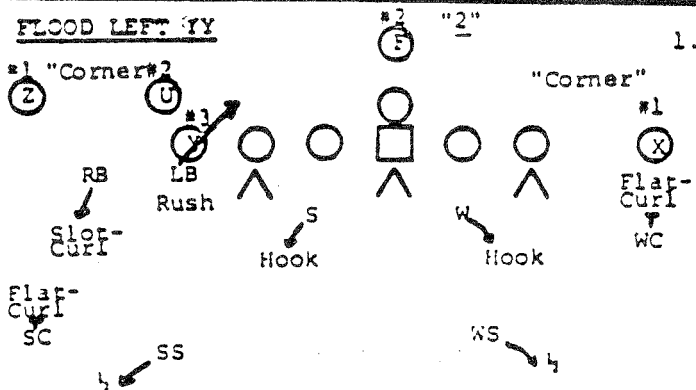
DETROIT VARIATIONS

Cover 4/3 Dallas

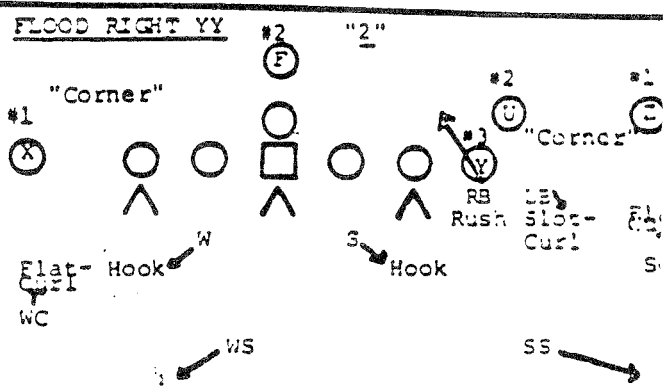
DETROIT (LEFT)



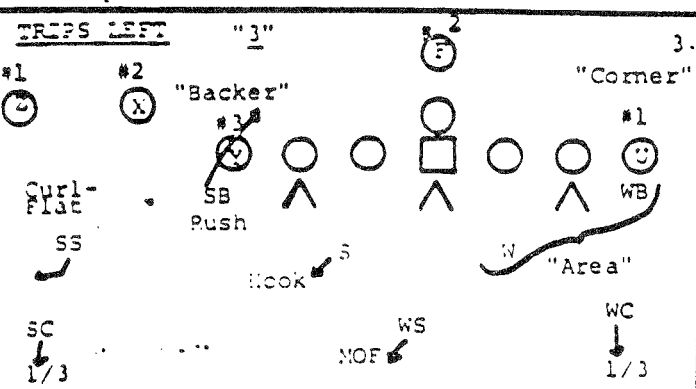
FLOOD LEFT YY



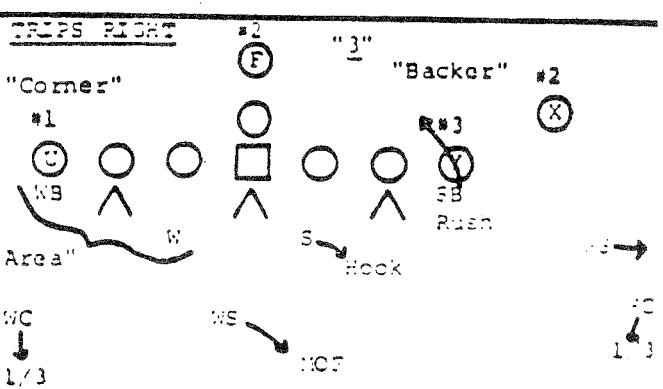
FLOOD RIGHT YY



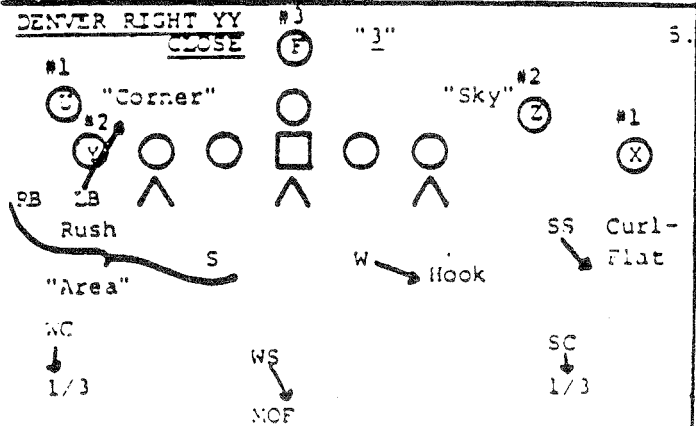
TRIPS LEFT



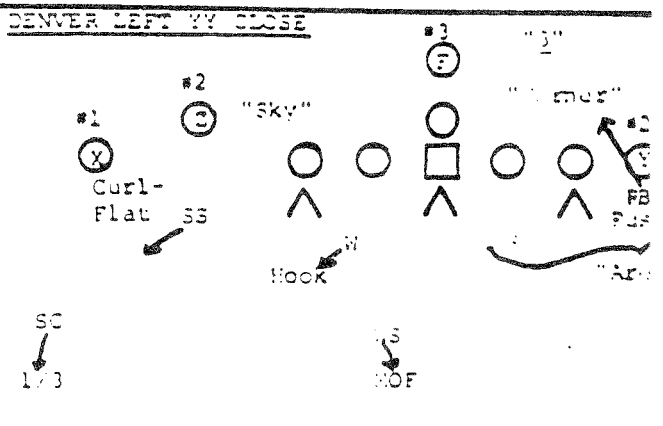
TRIPS RIGHT



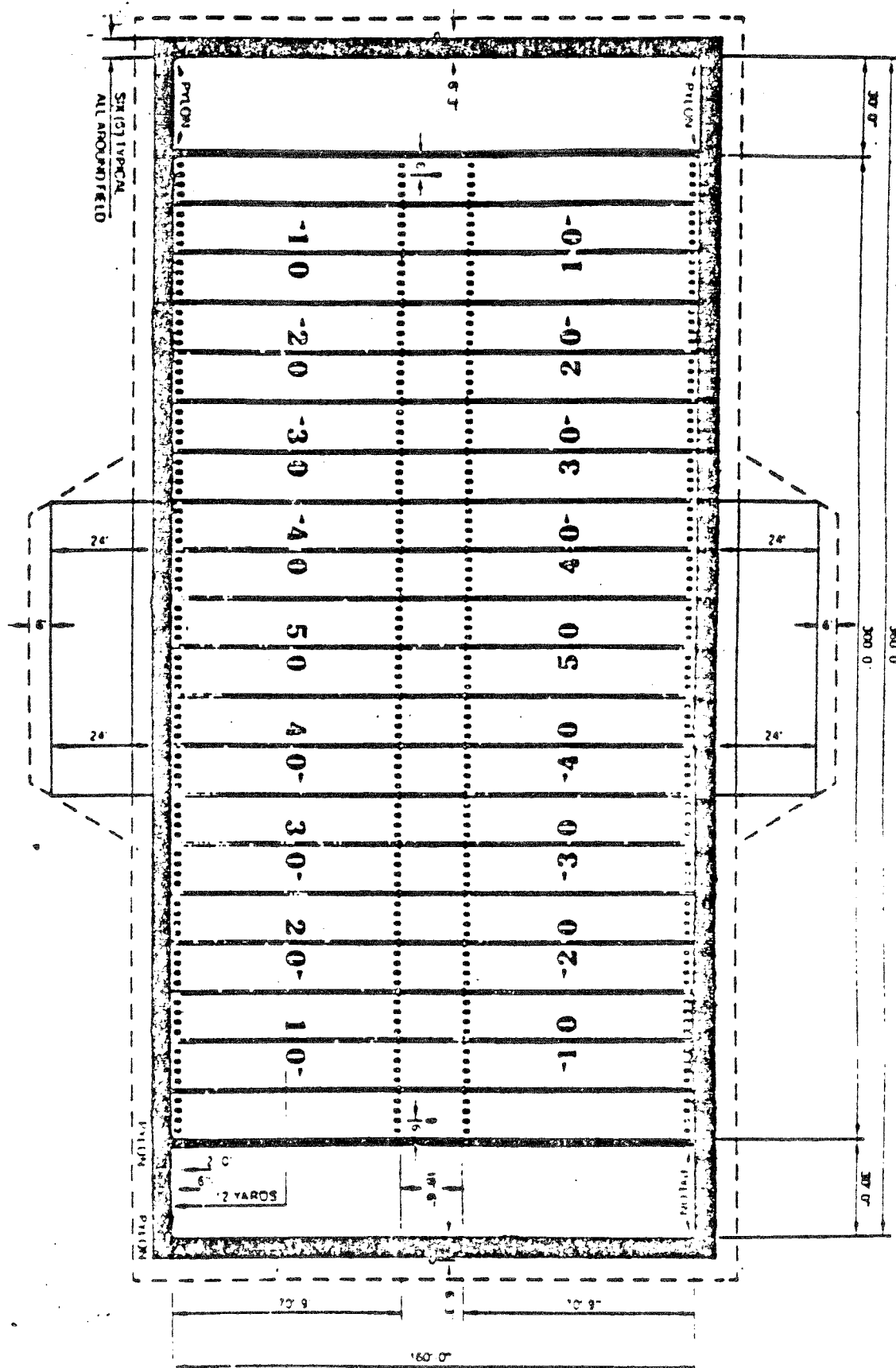
DENVER RIGHT YY CLOSE



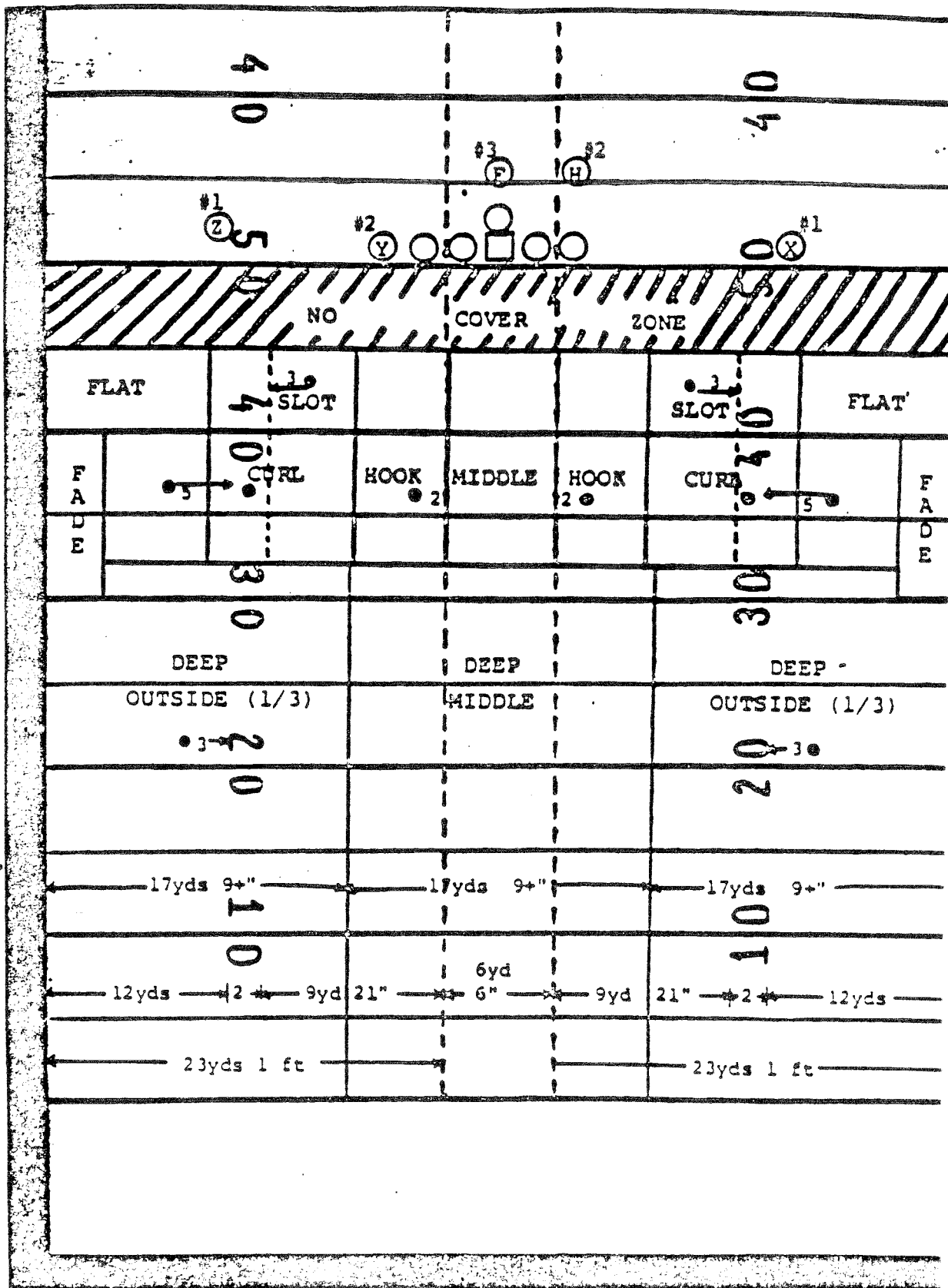
DENVER LEFT YY CLOSE



Plan of the Playing Field



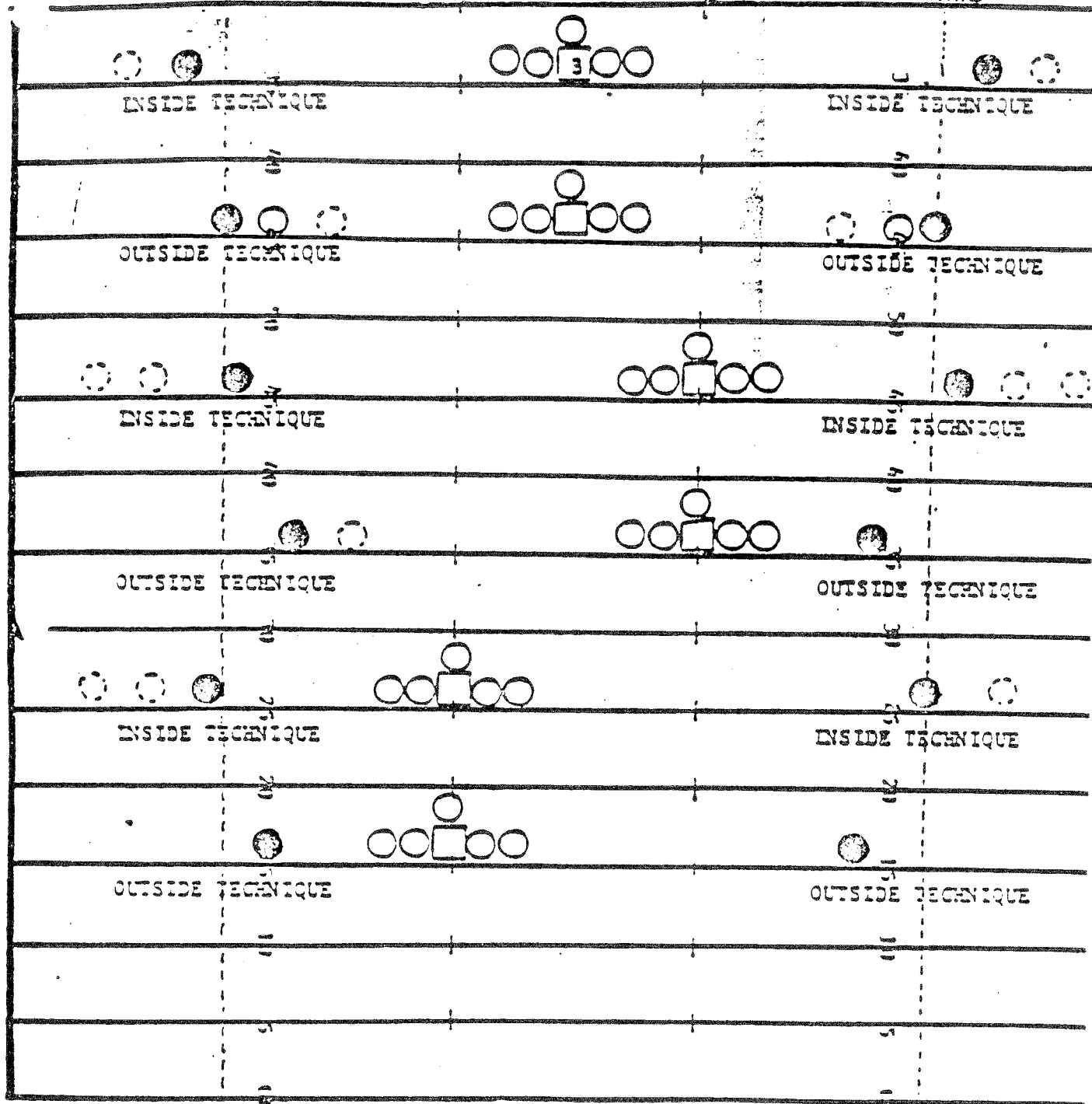
PASS DEFENSE AREAS

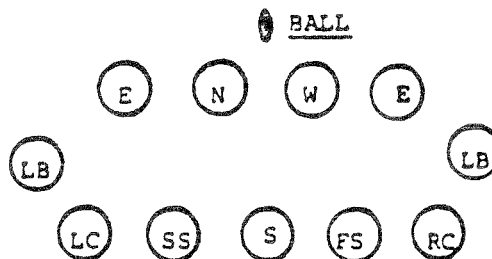


HASH, SPLIT RULES

2 YARD

2 YARD



HUDDLEIN HUDDLE:

1. FORM HUDDLE QUICKLY - Don't be the last man.
2. KEEP A CONSTANT HUDDLE - Nose and Will form huddle on ball. The shape and hands-on-knees appearance is the responsibility of each individual.
3. The SIGNAL CALLERS DO THE TALKING - All others listen! Talk straight out - not up in the air or down at the ground - see all of your men.
4. FS will call the down & distance - Example: 2nd and 8
5. Sam will alert the defense to the offensive personnel - Sam will call the defense Example: Stack Cover 3.
6. After the call, Sam will say, "READY" - then pause - ALL CLAP HANDS, which is the signal to break and concentrate on offensive huddle. WATCH OPPONENTS BREAK HUDDLE.

AT LINE:

1. WATCH OFFENSIVE HUDDLE and pick out strength of formation as opponents leave huddle. The passing strength will be to the 2 receiver side.
 2. FIRST call strength as opponents break huddle. (The passing strength). Example: Strong Left (SS & Sam are responsible for strength call).
 3. SECOND call complete formation as opponents set at line. Example: Wing, Split, "I".
 4. It is important for all to know and call quickly the strength and set of formation because many of our defensive adjustments will be dictated by the offensive alignment. This is your individual responsibility - do not rely on someone else. SAM MUST HAVE TIME TO CHECK OFF AND MAKE CALLS.
- * If you do not hear or do not understand the defensive signal, say "CHECK". The call will then be repeated.

EXPLANATION OF HUDDLE CALL & DIGIT SYSTEM

1. 1st call will give the defensive personnel and how many linebackers will run vs. pass.

34	-	3 linemen,	4 linebackers,	4 backs,	0 LB'ers rushing
Stack	-	3 linemen,	4 linebackers,	4 backs,	1 LB'er rushing
Fire	-	3 linemen,	4 linebackers,	4 backs,	2 LB'ers rushing
Blitz	-	3 linemen,	4 linebackers,	4 backs,	3 LB'ers rushing
43	-	4 linemen,	3 linebackers,	4 backs,	0 LB'ers rushing
Goal Line	-	4 linemen,	3 linebackers,	4 backs,	2 LB'ers rushing
33 (Pony)	-	3 linemen,	3 linebackers,	5 backs,	0 LB'ers rushing
42 (Mustang)	-	4 linemen,	2 linebackers,	5 backs,	0 LB'ers rushing
33 (Player) 0	-	3 linemen,	3 linebackers,	5 backs,	1 LB'er rushing
42 (Player) 0	-	4 linemen,	2 linebackers,	5 backs,	1 LB'er rushing

2. 2nd call will give the coverage. "Cover ____"

The coverage determines:

- a) which linebacker(s) is rushing - Rules for Rush by Coverage.
- b) strongside & weakside force - Force Rules.
- c) coverage responsibility - Coverages.
 - all coverages based on strength unless otherwise designated (TE).
 - all coverages are regular coverages unless designated Match-up.
- d) flow rules - Play Action
- e) standard adjustments - Standard Adjustments

3. Other calls may be added to the base call dictating line stunts, front and coverage variations, or special instructions.

DOUBLE COVERAGE CALLS

In the huddle, the defensive signal caller will give a double coverage call.
(Example: "Cover 2/3")

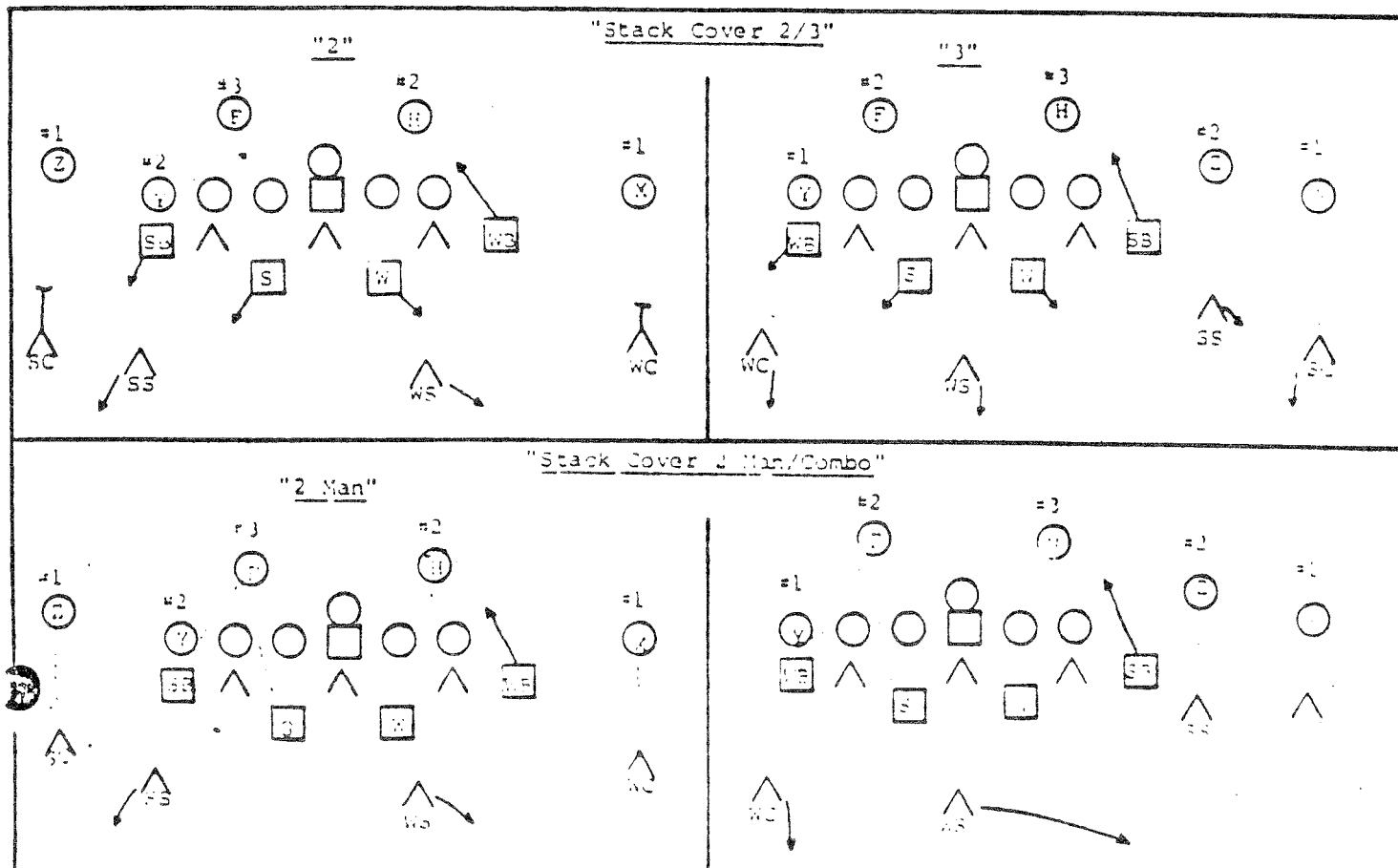
The 1st digit (2) indicates the coverage we will play against any pro formation. We will use our standard adjustments against any variation of pro formations if the offensive formation so dictates.

The 2nd digit (3) indicates the coverage we will play against any slot/twin formation. We will use our standard adjustments against any variation of slot/twin formation if the offensive formation so dictates.

We will use double coverage calls in our defense to cover motion, adjust better to slot/twin formation, and to cover outstanding receivers. In most, but not all cases, the double coverage enables our front 7 defenders to maintain constant run responsibilities.

Note: "SC/Frisco" is an exception to the double coverage call rule.

SC will be played against any 2 back formation with both backs remaining in the backfield. Frisco will be played against any 1 back set.

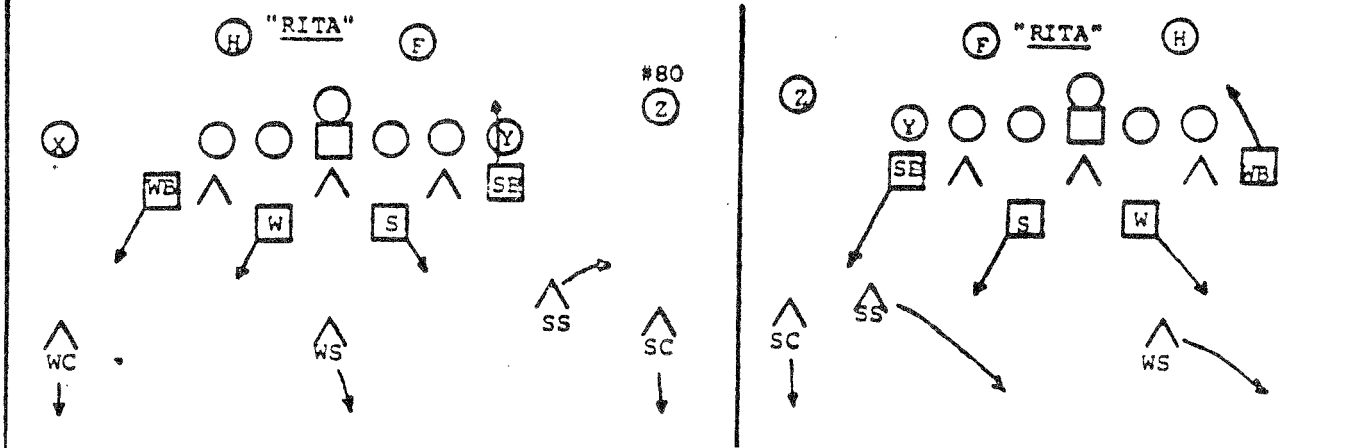
EXAMPLES OF DOUBLE COVERAGE CALLS

ZONE CALLS

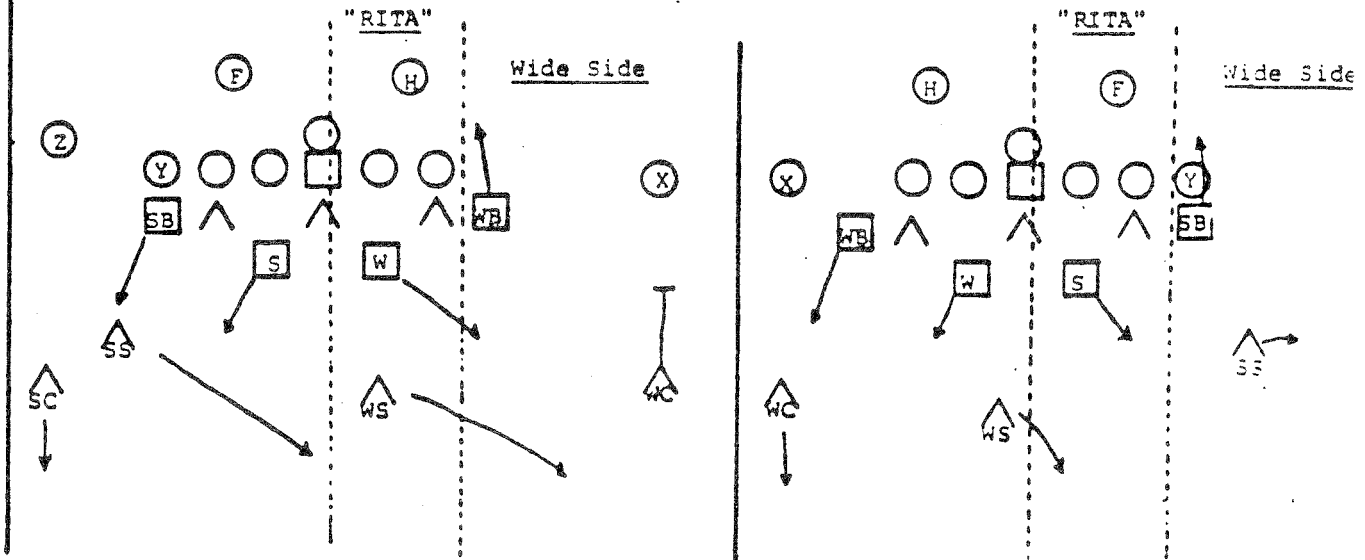
We will use zone calls in our defense when we want to play a 3 deep zone coverage to a certain receiver or the wide side of the field, regardless of formation strength. The call is based on the receiver or the wide side of the field as indicated by the huddle call. We will use the words "Linda" (zone left) and "Rita" (zone right) to indicate the direction of the defensive backfield rotation. Linebackers will drop in a corresponding manner.

In the huddle, the defensive signal caller will give a zone call. When the offense comes out of the huddle, "Linda" or "Rita" will be called to indicate the direction of the rotation.

Example: "Stack Zone #80" - (Defensive backs will rotate to a 3 deep zone based on #80's alignment.)



Example: "Stack Zone the field" - (Defensive backs will rotate to a 3 deep zone to wide side of the field.)

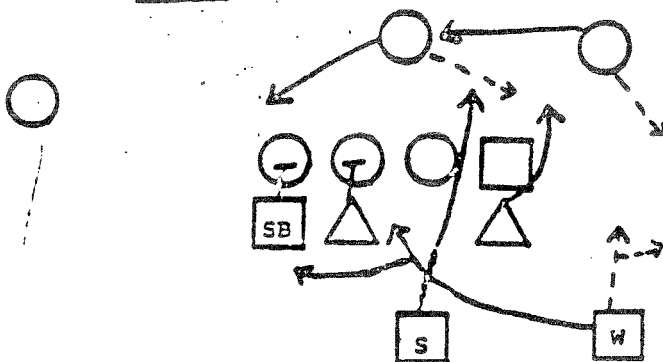


BANDIT (CALL BY INSIDE LB WITH NOSE)

(RUN STUNT)

STRONG BANDIT Vs. RUN

1



C.P. - In order to have a Bandit strongside, Sam must be in rush.

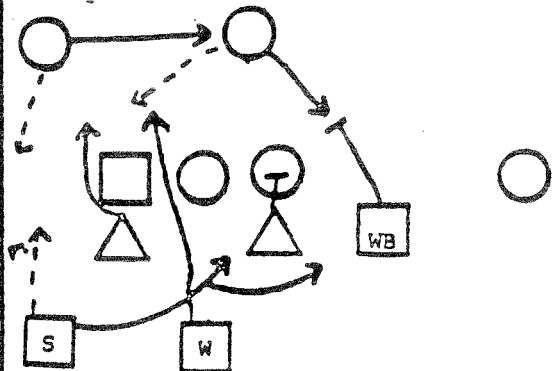
END - 4 technique.

SAM - Penetrate near A Gap.

NOSE - Ringo technique.

WILL - Normal read on Flow to (think outside unless guard on NT) - Fast read on Flow away (B Gap).

WEAK BANDIT Vs. RUN



C.P. - In order to have a Bandit weakside, Will must be in rush.

END - 4 technique.

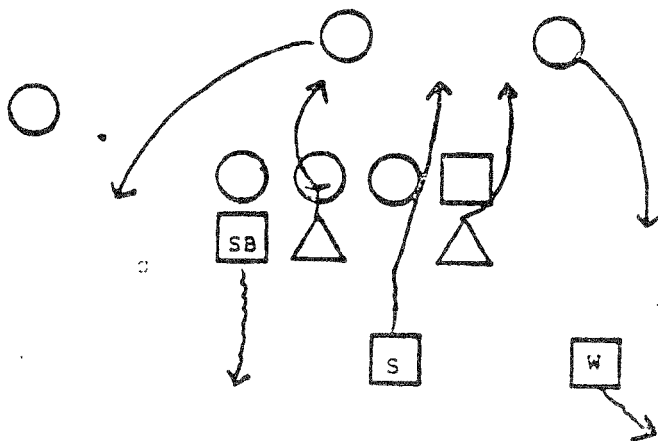
WILL - Penetrate near A Gap.

NOSE - Lucky technique.

SAM - Same as WILL.

STRONG BANDIT Vs. PASS

3



C.P. - Same as above.

END - 4 technique - Contain rush (blue call)

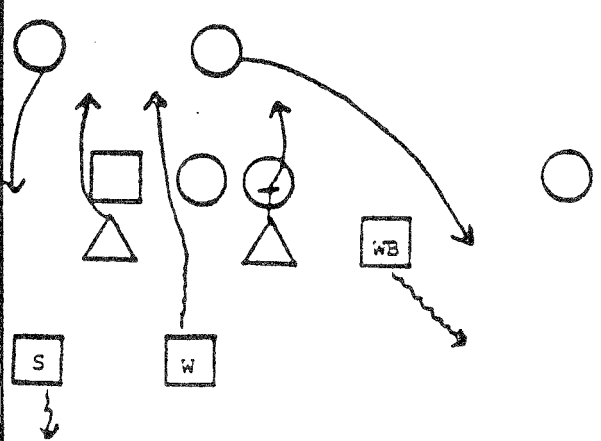
SAM - Penetrate near A Gap - inside rusher strong.

NOSE - Ringo technique - inside rusher weak.

WILL - Coverage called.

S.B. - Coverage called.

WEAK BANDIT Vs. PASS



C.P. - Same as above.

END - Same as S.E.

WILL - Penetrate near A Gap - inside rusher weak.

NOSE - Lucky technique - inside rusher strong.

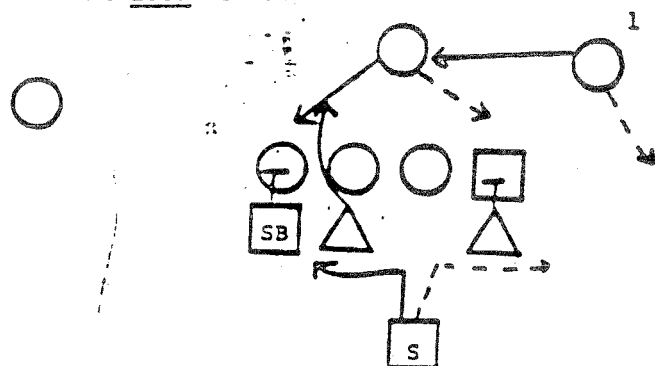
SAM - Coverage called.

W.B. - Coverage called.

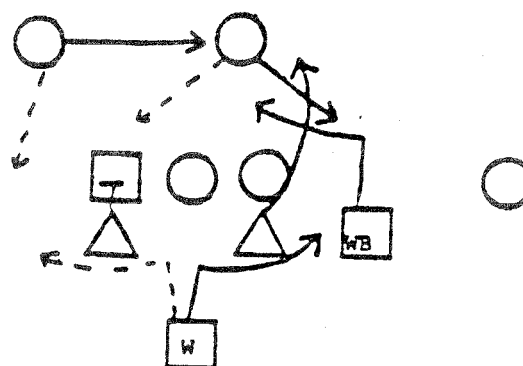
LOOP (CALLS BY OUTSIDE LB)

(PASS STUNT)

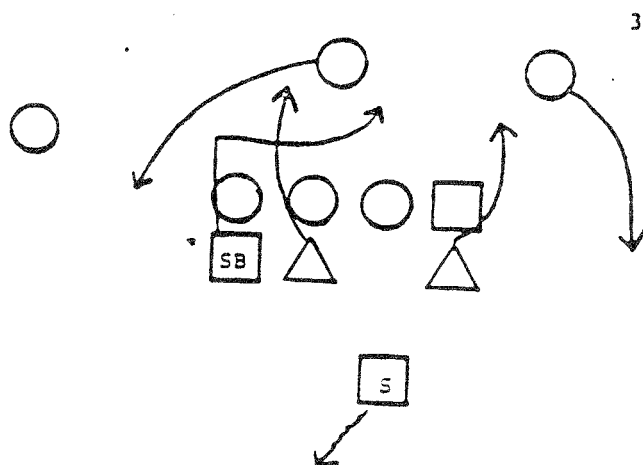
STRONG LOOP Vs. RUN

C.P. - OLB must be on and coming (green).OLB - 6 technique. Normal Vs. run.END - Penetrate C Gap - use speed or slap upper cut technique.SAM - Normal read - think inside.

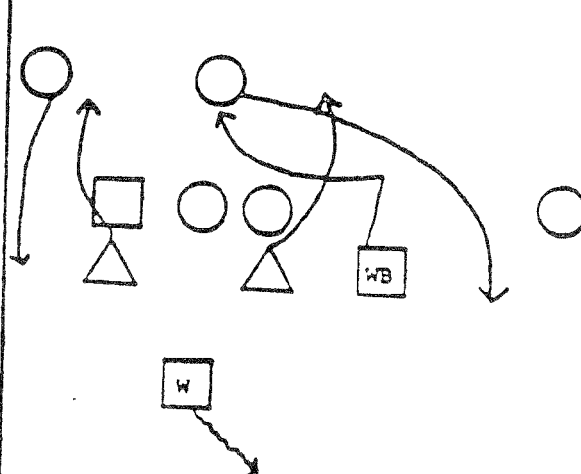
WEAK LOOP Vs. RUN

C.P. - OLB must be on and coming (green).OLB - Start upfield - run Loop stunt - cutback responsibility.END - Penetrate C Gap - use speed or slap upper cut technique - keep all runs inside - force responsibility.WILL - Normal read - think inside.

STRONG LOOP Vs. PASS

OLB - Rush upfield 2 to 4 steps and come inside behind End.END - Penetrate C Gap - use speed or slap upper cut technique.SAM - Coverage called.

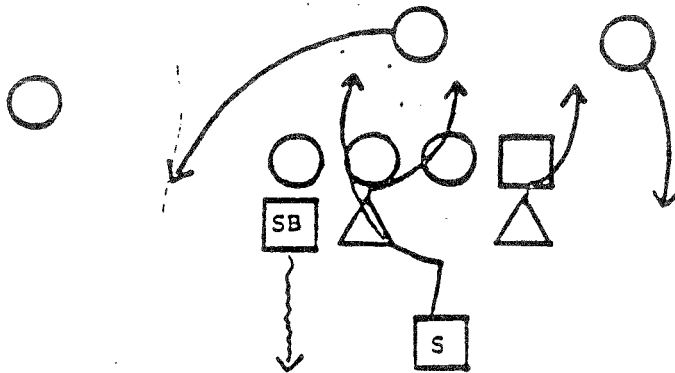
WEAK LOOP Vs. PASS

OLB - Same as S.L.B.END - Same as S.E.WILL - Coverage called.

SCRAPE (CALL BY INSIDE LB) PASS GAME (PASS STUNT)

STRONG SCRAPE Vs. PASS

1



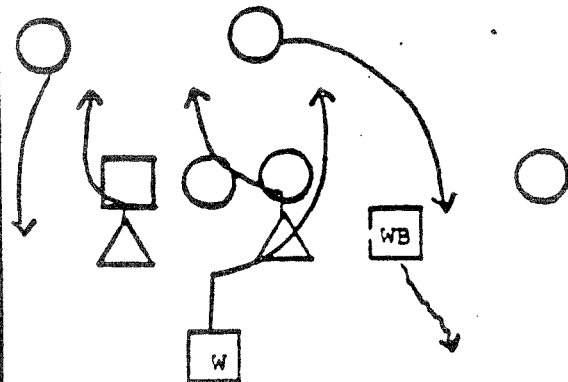
C.P. - In order to have Strong Scrape, Sam must be in rush - Can run "Up" or "Off" also can Read It.

SAM - Start at guard, scrape around end, contain rush.

END - Flash or engage OT - Penetrate 3 Gap - Work across Fan block - Inside rusher strong.

WEAK SCRAPE Vs. PASS

2



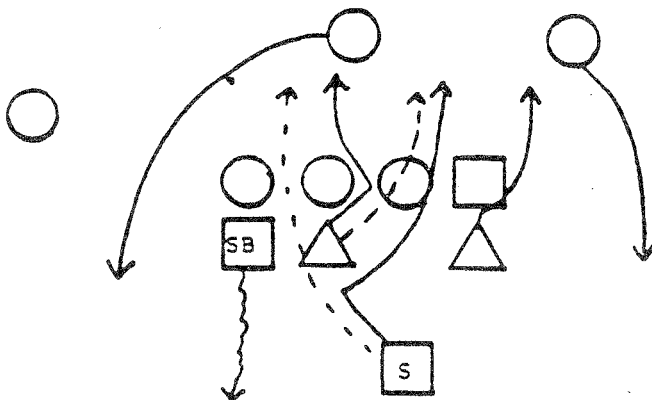
C.P. - In order to have a Weak Scrape, W must be in rush - Can run "Up" or "Off" also can Read It.

WILL - Start at guard, scrape around end, contain rush.

END - Flash or engage OT - Penetrate 3 Gap - Work across Fan block - Inside rusher weak.

STRONG SCRAPE (READ) Vs. PASS

3



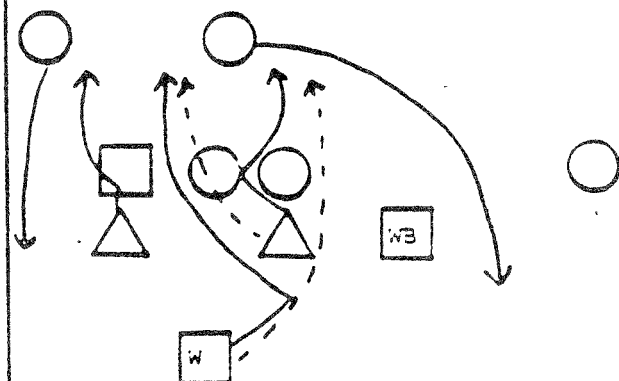
Man or Zone Blocking

SAM - Start to scrape, read guard, if guard comes out for you, continue. If guard blocks end, go back inside.

END - Rip for guard, if he pulls out, continue. If he blocks you, grab and fade outside.

WEAK SCRAPE (READ) Vs. PASS

4

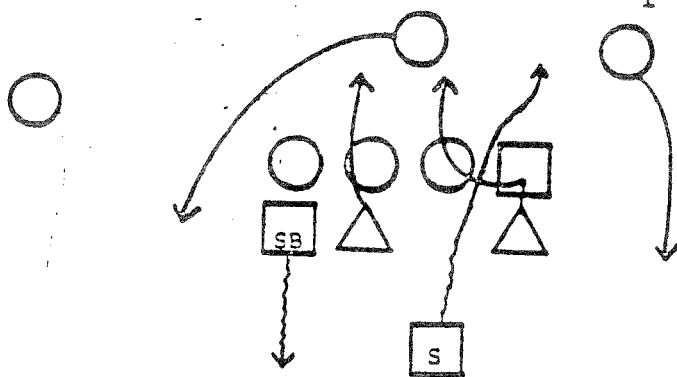


Man or Zone Blocking

WILL - Start to scrape, read guard, if guard comes out for you, continue. If guard blocks end, go back inside.

END - Rip for guard, if he pulls out, continue. If he blocks you, grab and fade outside.

STRONG BULLIT Vs. PASS

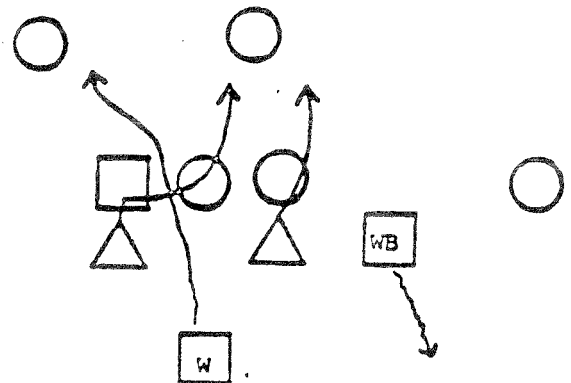


C.P. - In order to have strongside Bullit, Sam must be in rush. Can be run from "Up" or "Off".

SAM - Rush near A Gap working to far A Gap.

NOSE - Engage - let Sam clear, come back strong.

WEAK BULLIT Vs. PASS

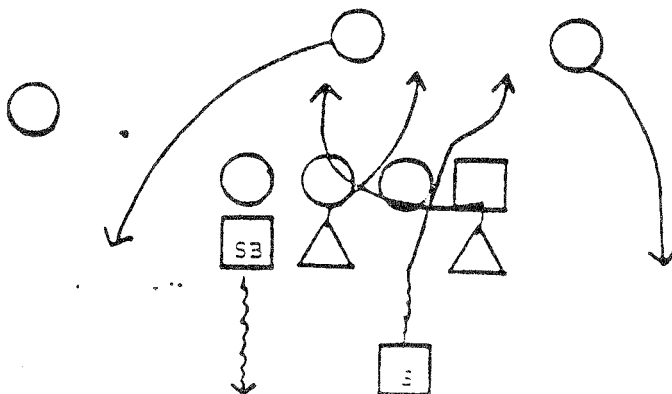


C.P. - In order to have weakside Bullit must be in rush. Can be run from "Up" or "Off".

WILL - Same as SAM.

NOSE - Engage - let Will clear, come back weak.

STRONG BULLIT WITH YOU Vs. PASS

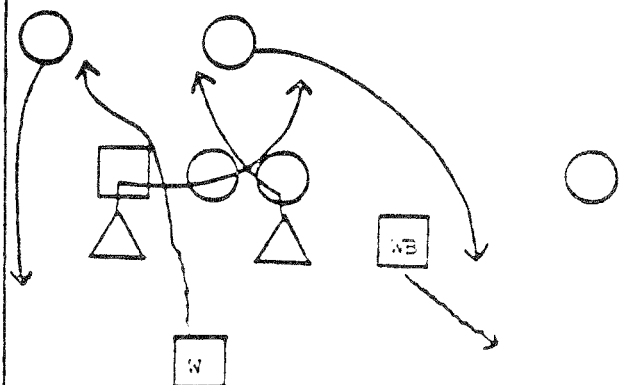


SAM - Same as Bullit.

END - You game.

NOSE - Flash or engage - let Sam & End clear, come around strong & contain.

WEAK BULLIT WITH YOU Vs. PASS



WILL - Same as Bullit.

END - You game.

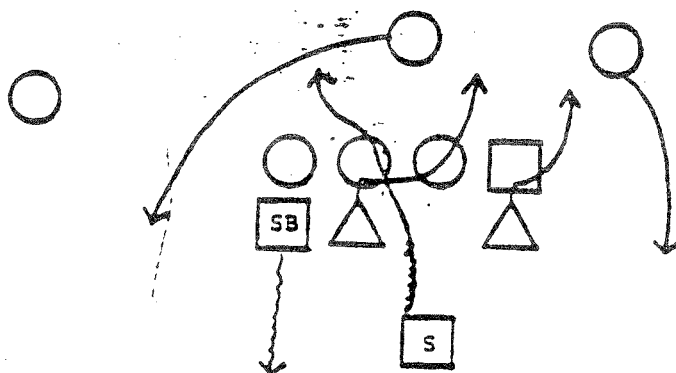
NOSE - Flash or engage - let end & back, come around weak & contain.

Sammie & Willie (Call by ILB)

(PASS STUNT)

Sammie Vs. STRONGSIDE PASS

1



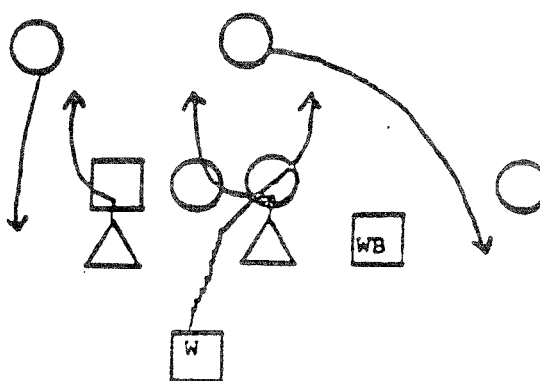
C.P. - In order to have a Sammie, Sam LB must be in the rush, can be run from "Up" or "Off".

SAM - Burro into inside shoulder of OT, pick him off, work for contain rush.

END - Engage OT - let ILB clear - come around - inside rusher strong.

Willie Vs. WEAKSIDE PASS

2



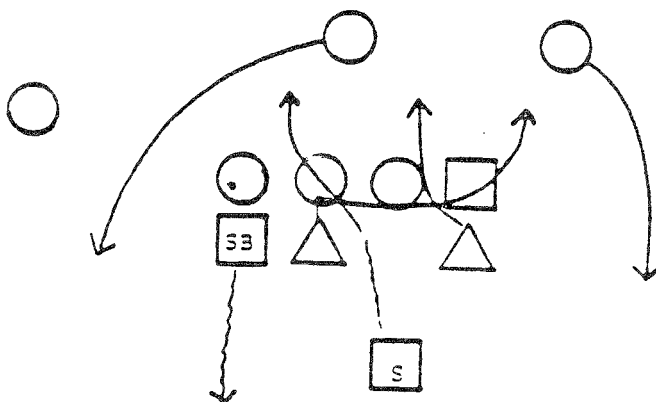
C.P. - In order to have a Willie, Will must be in the rush, can be run from "Up" or "Off".

WILLIE - Burro into inside shoulder of OT, pick him off, work for contain rush.

END - Engage OT - let ILB clear - come around - inside rusher weak.

Sammie WITH A "ME" - STRONGSIDE PASS

3



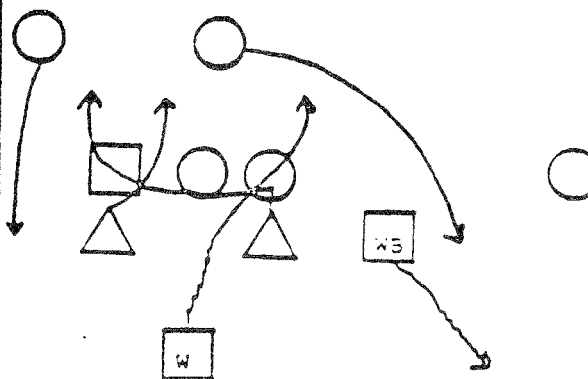
SAM - Same as Sammie.

END - Engage OT - let ILB and Nose clear - come around - inside rusher weak.

NOSE - "Me" game strong.

Willie WITH A "ME" - WEAKSIDE PASS

4



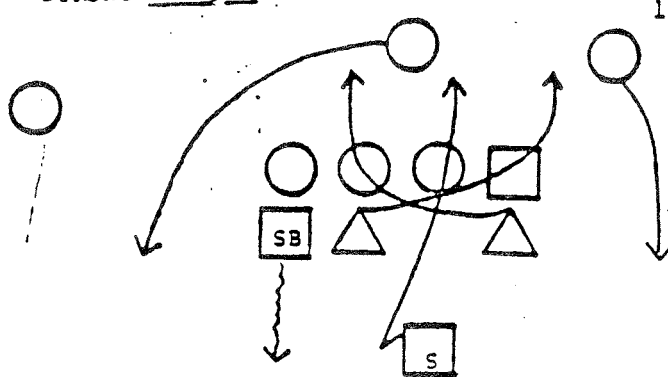
WILL - Same as Willie.

END - Engage OT - let ILB and Nose clear - come around - inside rusher strong.

NOSE - "Me" game weak.

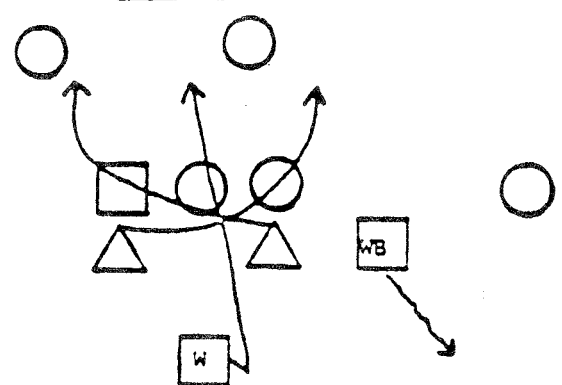
SINK IT WITH BACKER TRAP (LB MAKES CALL) (PASS STUNT)

STRONG SINK IT - BACKER TRAP



- C.P. - In order to run a Sink It with a Trap, Sam must be in rush.
- END - No Flash, go all way to center, be inside rusher weak.
- NOSE - Set off line a little, no flash, come around, be contain rush strong.
- SAM - Start short pass drop, let lineman clear, rush QB.

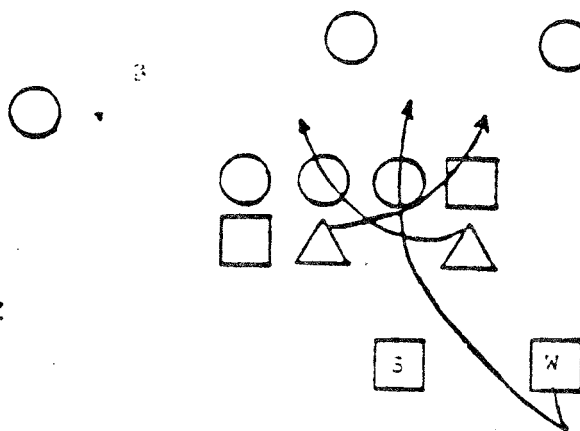
WEAK SINK IT - BACKER TRAP



- C.P. - In order to run a Sink It with Will must be in rush.
- END - No Flash, go all way to center, be inside rusher weak.
- NOSE - Set off line a little, no flash, come around, be contain rush strong.
- WILL - Start short pass drop, let lineman clear, rush QB.

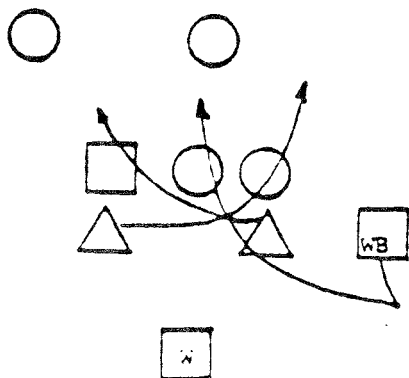
STRONG SINK IT - BACKER TRAP

3.



- END - Strong Sink It
- NOSE - Strong Sink It
- WILL - Start short pass drop, let lineman clear, rush QB.

WEAK SINK IT - BACKER TRAP



- END - Weak Sink It
- NOSE - Weak Sink It
- WEAK BACKER - Start short pass drop, let lineman clear, rush QB.

SUPPORT (continued)C. USE OF WEAKSIDE BACKER SUPPORT

1. Primary Weakside Support Call with Open #1 - Weak backer is THE PRIMARY SUPPORT MAN.

D. USE OF WEAKSIDE CLOUD SUPPORT

1. Cloud Call - If the #1 is 6 yards or less, the WEAK CORNER is THE PRIMARY SUPPORT MAN.
2. Certain Coverages or Fronts may alter the 6 yard rule.

E. USE OF WEAKSIDE END SUPPORT - X STUNT (EXCHANGE OF ASSIGNMENT BETWEEN OLB AND DE)

1. "Weak Backer" makes the call to the DE. End is the PRIMARY SUPPORT MAN. Weak Backer is the Cutback Man.

SUPPORT TERMS DEFINEDI. PRIMARY SUPPORT

This term describes the responsibility of meeting the End Run in its formative stage and forcing a Cutback.

A. FORCE TECHNIQUE

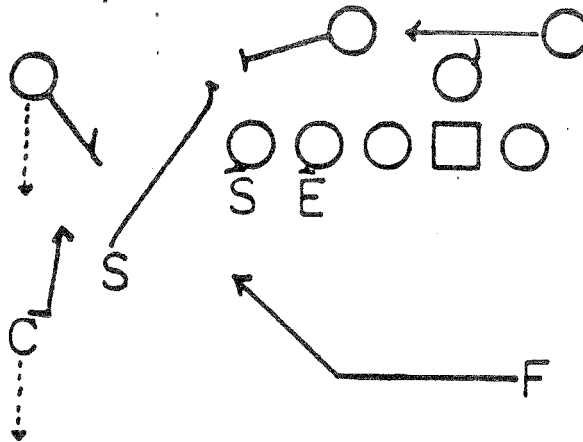
1. React to Run Key without hesitation.
2. Support at an angle. Always try to reduce the Cutback Area.
3. Try to meet the lead blocker at his depth across the L.O.S. Always try to meet the blocker before he turns upfield.
4. Play the blocker from outside in and keep your outside leg back and free.
5. Meet him tough with your inside shoulder, or forearm sniver, or fake blocker at times.
6. Keep good outside position and make the ball carrier cutback. Close off the inside running lane, but never be hooked in by the lead blocker.
7. If the ball carrier takes an inside route, react to him from outside-in.
8. Make the tackle on the ball carrier who bellys deep to get outside.
9. On Off Tackle plays, you are the spillage man. If the Off Tackle hole is closed, the ball carrier will option run outside. Be in position on the outside to make the tackle.
10. Stay on your feet.

B. BOUNCE TECHNIQUE (Weakside Coverages 2-5)

1. React to Run Key without hesitation.
2. Drive to a point behind the TE's position 3 to 4 yards deep.
3. If Play goes off tackle or inside, the Support Man will fall back inside.
4. The Support Man's job is to "Bounce" the ball carrier off his running track and to the outside. Ball carrier must be bounced "ON" and "WIDE".
5. We want the ball carrier running to the sidelines.

SUPPORT STRONGSIDE

SKY



Strong Safety - Primary Force Man

Key - Thru #2 to flow of backs.

Read progression, react to run and meet blocker as quick and tough as possible on side of the L.O.S.

Strong Backer - Cutback Man

Key - #2 to flow of backs. 2 Gap responsibility.

Strong Corner - Secondary Support Man

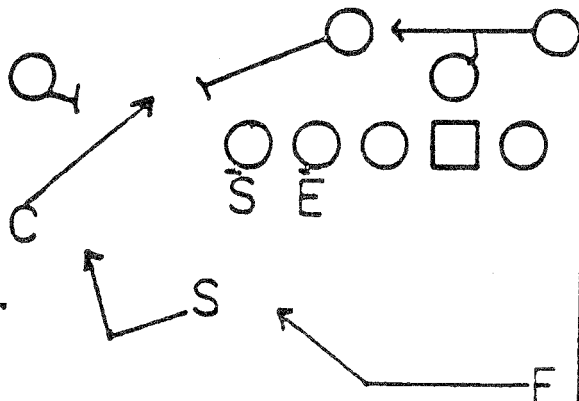
Key - Thru #2 to flow of backs.

You are the play pass man. If #1 release cover. If he cracks on strong safety, re

Weak Safety - Spillage Man

Key - Uncovered linemen, flow of backs & Play pass first and run second. On sure support from inside out.

CLOUD



Strong Safety - Secondary Support Man

Key - Flow of backs and #1.

You are the play pass man. If #1 release cover. If he cracks on strong corner, re

Strong Corner - Primary Support Man

Key - Thru #2 to flow of backs.

Read progression, react to run and meet 1 blocker as quick and tough as possible on his side of the L.O.S.

Strong Backer - Cutback Man

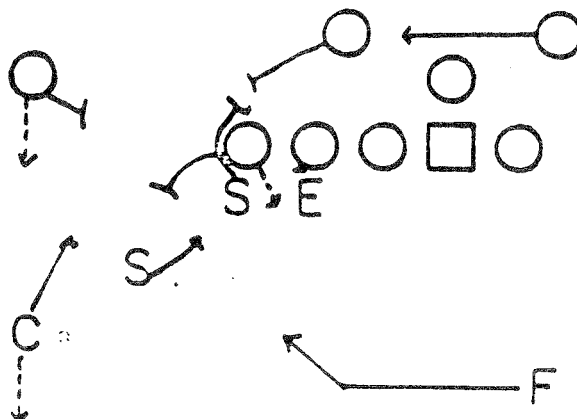
Key - #2 to flow of backs.

2 Gap responsibility.

Weak Safety - Spillage Man

Key - Uncovered linemen, flow of backs, & Play pass first and run second. On sure support from inside out.

BACKER



Strong Backer - Primary Support Man

Key - #1

Read progression and meet the blocker at depth as quickly as possible. Force the ball carrier to make a sharp cutback.

Strong Safety - Cutback Man

Key - #2 to flow of backs

2 Gap responsibility.

Strong Corner - Secondary Support Man

Key - Thru #2 to flow of backs.

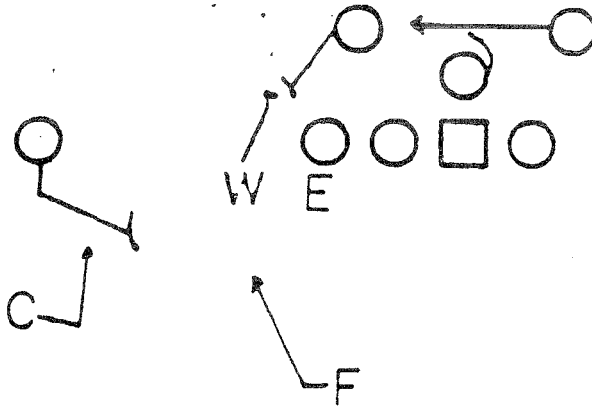
You are the play pass man. If #1 release cover. If he cracks, replace.

Weak Safety - Spillage Man

Key - Uncovered linemen, flow of backs, & Play pass first and run second. On sure support from inside out.

SUPPORT WEAKSIDE

BACKER



Weak Backer - Primary Support Man

Key - Near Back, Tackle, QB

Read progression and meet the backer at his depth as quickly as possible. Force the ball carrier to make a sharp cut back.

Weak Side End - Cut Back Man

Read progression, 2 Gap responsibility.

Weak Corner - Secondary Support Man

Play the pass first. See flow and #1.

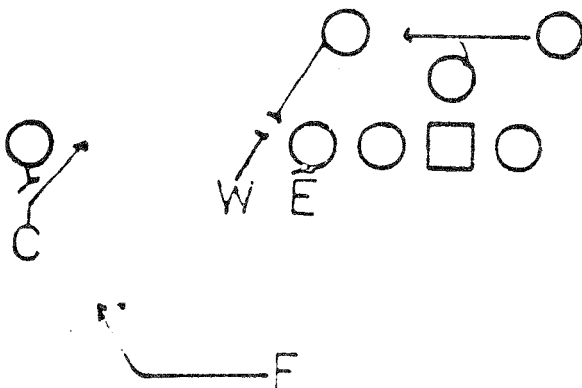
If #1 releases, cover. If he cracks, replace.

Weak Safety - Spillage Man

Key-Uncovered linemen, flow of backs and QB.

On sure run support from inside out.

CLOUD (Open)



Weak Corner - Primary Support Man

Key - Thru tackle to flow of backs.

Read progression, react to run and meet lead blocker as quick and tough as possible on his side of the L.O.S.

Weak Backer - Outback Man

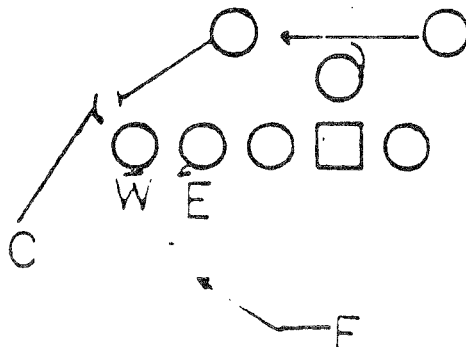
Key - Near Back, Tackle

Weak Safety - Secondary Support Man

Key - Uncovered linemen, flow of backs & #1.

Play pass first and run second. If #1 releases, cover. If he cracks, replace.

CLOUD (Tight)



Weak Corner - Primary Support Man

Key - Thru #1 to flow of backs.

Read progression, react to run and meet lead blocker as quick and tough as possible on his side of the L.O.S.

Weak Backer - Outback Man

Key - #2 to flow of backs. 2 Gap responsibility.

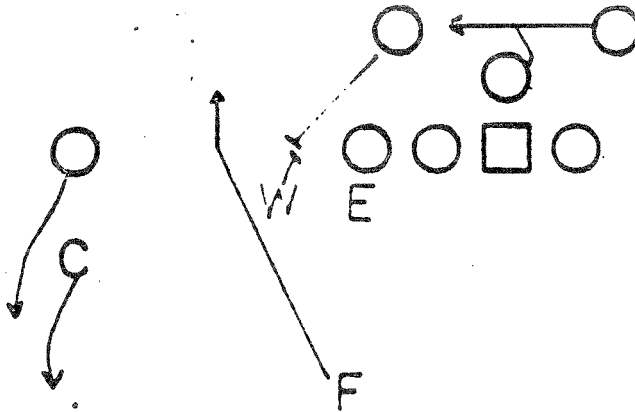
Weak Safety - Secondary Support Man

Key - Uncovered linemen, flow of backs.

Play pass first and run second. On sure run support from inside out.

WEAKSIDE SUPPORT

SKY "Red 2"



Weak Corner - Secondary Support Man

Key - Flow of backs and #1

You are the play pass man. If #1 releases cover. If he cracks, replace.

Weak Backer - Cutback Man

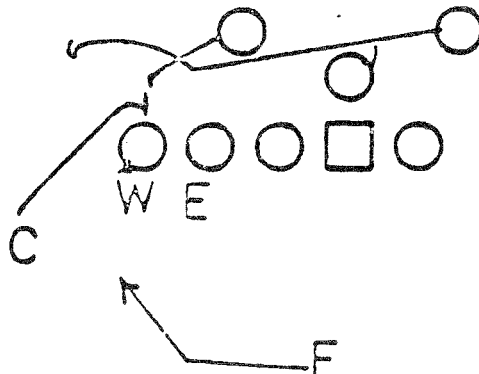
Key - Near Back and tackle

Weak Safety - Primary Support Man

Key - Flow and QB

Read progression, react to run and meet blocker as quick and tough as possible his side of the L.O.S.

"KICK" 2-5C



Weak Corner - Primary Force Man

Key - Thru #1 to flow of backs

Read progression, react to run and meet blocker as quick and tough as possible side of the L.O.S. Take on blocker with outside shoulder, make the ball carrier bounce wide.

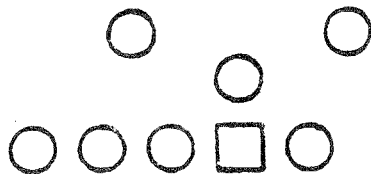
Weak Backer - Cutback Man

Key - #1 to flow of backs

2 Gap responsibility

Weak Safety - Secondary Support Man

Key - Uncovered linemen, flow of backs
Play pass first and run second. On support from inside out.



THREE TECHNIQUE

Stance - three point - feet staggered - inside foot back if possible - shoulders parallel to L.O.S.

Alignment - three - close to L.O.S. as possible.

Key - guard - periph tackle. Know the formation and the location of the backs.

Execution - move on movement or ball reading guard on the run. Deliver blow with hands; work for full extension of arms. Pressure blocker upfield.

Responsibility - B Gap. Keep inside hole small - offensive blocker can never Hook you - keep guard off Will. Eliminate any back coming through the line.

Reaction -

1. Guard blocks on you:



A. Straight block - knock tackle back - pressure upfield - control blocker from outside in - squeeze to 2 Gap - be parallel - find ball.



B. Hook block - pressure upfield - keep square & your outside hip clean. Push blockers outside shoulder backwards - if face mask needed it should end up on blocker's face mask. Do not separate from blocker until ball is outside or downfield.



C. Cut off block - squeeze blocker to inside, jam him into hole. Do not work across blocker's head until you are absolutely sure ball carrier cannot break outside you.

2. Guard and Tackle block on you:



A. Double team - Collapse knee - twist shoulders & hips - drop hand to ground & work upfield. If getting washed hit the ground and create a pile, work upfield driving your outside shoulder through near leg of drive blocker - cannot be driven back.

C.P. - will not get this block much.

PASS RUSH

The ability to rush the passer is characteristic of every outstanding defensive team in the NFL. Rushing the passer is an art that takes constant work and concentration. The major objective has to be to hit the passer before he throws the ball. However, this is the one place in football where being close does count.

We play team defense. The better the rush, the better the coverage; the better the coverage, the better the rush.

OBJECTIVES OF THE RUSHER

1. Tackle the passer before he throws.
2. Deflect the thrown ball before it crosses the line of scrimmage.
3. Force high trajectory of the ball by forcing the quarterback to throw over your hands.
4. Obstruct the passer's vision with raised hands and arms.

FUNDAMENTALS OF THE PASS RUSH

Make blocker move vertically or horizontally. Get him out of rushing lane.

A. Moving blocker vertically

1. Engage blocker - sprint to him - used blocker body against himself.
 - a) Remember the offensive linemen are establishing a new line of scrimmage by setting back.
 - b) Get to him as quickly as you can.
 - c) Do not try to make a move until you engage him.
 - d) Do not reach; keep your feet under you.
2. Hands High on the Blocker's Pads - Chest, shoulder pads, or head.
 - a) We want you to use hands to control the blocker.
 - b) Need to drive hands locked at the elbows - knock him back - jolt him.
 - c) Keep your face mask lower than the blockers to stay down. (leverage).
3. Turn Blocker - Want to turn blocker shoulders perpendicular with the line or scrimmage. Take away his squared up relationship.
 - a) Stay in your designated lane - get the blocker out of it.

B. Moving blocker horizontally

1. Move Blocker - sprint to him - use blockers body against himself:
 - a) False move - makes blocker create his own momentum in a opposite direction to your desired side.
 - b) The move assist the blockers movement away from your side.
 - c) Move blocker with upper part of torso with feet gaining depth toward QB.

PASS RUSH (Cont'd)2. Deliver Blow - slap or grab shoulder area

- a) Slap must be strong enough to knock blocker off balance - grab must turn blockers shoulders.
- b) Keep your face mask lower than the blockers.

Principals of Pass Rush

1. Get off on ball or movement - quickness most important single factor - Accelerate - Keep upper body weight forward and feet moving.
2. Have a plan - pre-determine move you will make - picture it - be ready to take what he gives you.
3. Close the distance immediately between yourself and the blocker. Get your hands on the blocker as quickly as possible.
4. All moves should be executed from as close to the blocker as possible so he has a minimum of time to react and counter your move.
5. Don't telegraph your move or get yourself overextended on your initial take off.
6. Stay on straight line rush lane - Get in passers throwing lane - Squeeze the passers area of operation (compress the pocket) - Work to get in front of passer - Force Q.B. out of pocket, force him to throw on the run.
7. Get hand or hands high when passer is throwing thru your rush lane
 - a) Obscure the QB's vision. Force a bad pass. Force QB to move and destroy his rhythm.
 - b) Tip ball for interception.
 - c) Force QB to pull ball down and run.
 - d) Force elevation of throw to allow secondary more time for interception.
8. Don't leave your feet until hand separates from ball. Never leave your feet with contain rush.
9. Never be driven past QB or across QB face. If driven out of your lane, stop and work back through your lane.
10. Know depth QB will set up depending on D & D and formation. See QB as you rush.
11. Learn difference between pass drop, trap influence, draw, and screen. (Read with eyes inside)
12. Stay lower than the blocker - Keep your face mask lower than his. Do not stretch your strength by raising up.
13. Don't give ground to the outside when your opponent sets up wide. Take your regular course until you are even with him, then drive.
14. Vs. Scramble - change your rush lane and again regain proper relationship on QB.
15. Vs. Poor Runner - rush him out of pocket.
16. Vs. Good Scrambler - contain and rush.
17. Vs. Dash - ends always be alert when back or TE sets outside you.
18. Once the ball is thrown, sprint in the direction of the throw.

Basic Fundamentals

Work on strengthening the hands and arms daily. This will help you be more effective with your hand grabs, swipes, pulls and throws. Do not become stereotype in your rush; however one perfected move with a counter is all you need to go with the change you get from various blitzes. Whatever your physical traits may be, mental toughness, pride and desire to excel has no equal.

BASIC PASS RUSH TECHNIQUES

1. Power Rush - get off and drive hands under offensive lineman's pads - work to look up - keep your face mask lower than his and drive blocker back into passer.
2. Slap or Grab with upper cut - slap or grab blocker opposite head fake, then upper cut.
3. Slap or Grab with pass over - slap or grab blocker opposite head fake, then pass over.
4. Double Slap with upper cut or pass over - slap to head fake side then slap with opposite arm, then upper cut or pass over.
5. Slap, Grab with upper cut or pass over - Slap to head fake side then grab with opposite arm, then upper cut or pass over.
6. Spin - start blocker upfield, throw upper cut into blocker, make spin to upper cut arm side.
7. Butt & Power Rush or Butt & jerk - must learn to feel blocker's momentum to determine which technique to use. If momentum is backward use Power rush technique. If momentum is forward, use butt & jerk technique. Butt & Jerk technique is executed by butting blocker then turning blocker's shoulders with a hand jerk then using pass over or upper.
8. Butt Ride come under - drive head to outside shoulder of blocker, ride blocker upfield then jerk and come under.
9. Butt with double jerk - butt blocker, grab cloth, pull one side then jerk opposite side using pass over or upper cut.
10. Hesitation - a technique used when blocker takes away "Butt side and come under technique". Drive head to outside shoulder of blocker, ride blocker upfield, then jerk with good inside fake and come around blocker to outside.

PASS RUSH COUNTER MOVES

- | | | |
|---------------------------|---|--------------------|
| 1. Slap Upper Cut | - | Spin |
| 2. Slap Pass Over | - | Slap Opposite |
| 3. Double Slap Upper Cut | - | Spin |
| 4. Double Slap Pass Over | - | Slap Opposite |
| 5. Grab Upper Cut | - | Pull & Hook |
| 6. Grab Pass Over | - | Pull Slap Opposite |
| 7. Slap Grab Upper Cut | - | Pull & Hook |
| 8. Slap Grab Pass Over | - | Pull Slap Opposite |
| 9. Butt Jerk Upper Cut | - | Pull & Hook |
| 10. Butt Jerk Pass Over | - | Pull Slap Opposite |
| 11. Double Jerk Upper Cut | - | Pull & Hook |
| 12. Double Jerk Pass Over | - | Pull Slap Opposite |
| 13. Power | - | Jerk |
| 14. Speed | - | Hook |
| 15. Spin | - | |
| 16. Butt Come Under | - | Hesitation |
| 17. Hand Slaps | | |
- C.P. If stabbed off or momentum stopped, go to burrow technique.

TECHNIQUES ON SETTERS

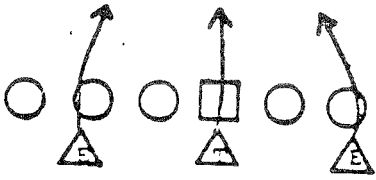
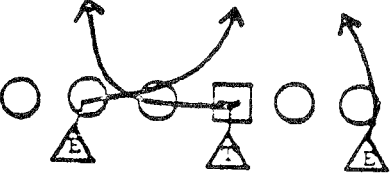
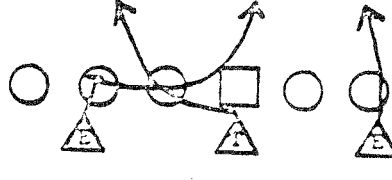
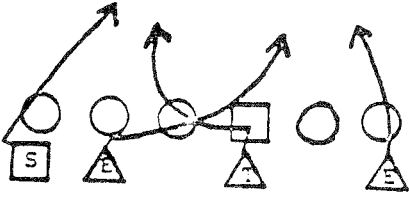
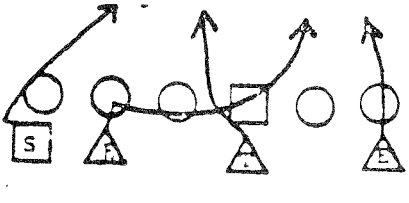
Defensive Tackle

- Short Setter - Quick fake slap or double slap upper cut or pass over
Quick butt jerk or double jerk (momentum on you) -
Hand slaps
- Med. Setter - Power - Butt jerk - Double slap or slap grab pass over
or upper cut spin - Hand slaps

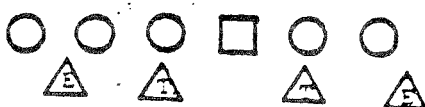
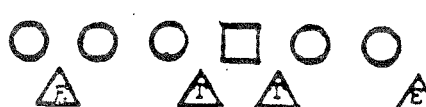


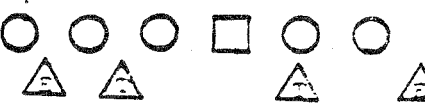


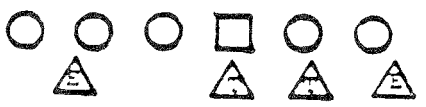

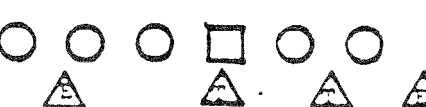
Defensive End

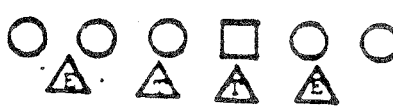



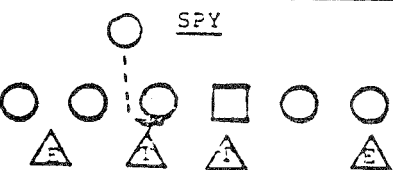
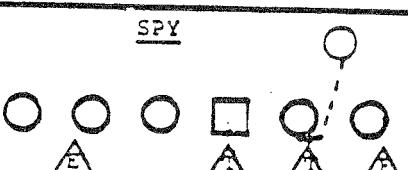




- Med. to Short Setter - Speed or hook - Butt jerk outside - Bob slap
double slap or slap grab upper cut or pass
over - Hand slaps
- Deep Setter - Power - Spin - Butt and come under - Bob slap
grab come inside.

STACK 3-4 LINE GAMES


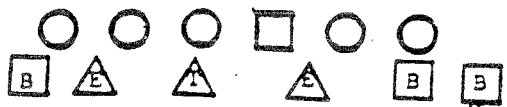


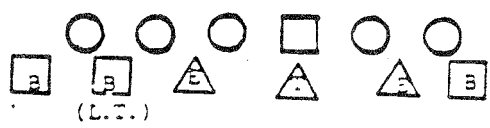
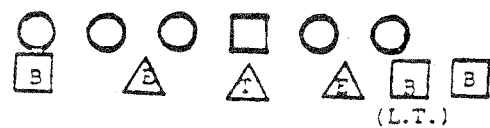




	<p style="text-align: center;"><u>LANES</u></p> <p>1</p> <p><u>Nose</u> - Break pocket - keep QB in front of you.</p> <p><u>Ends</u> - Contain rush.</p>
	<p><u>YOU</u> (Strong or Weak)</p> <p>2</p> <p><u>Nose</u> - Engage Center - Come around - You are Contain.</p> <p><u>St. End</u> - First - Flash - Come inside O.T. working to A Gap - Break pocket.</p> <p><u>Wk. End</u> - Contain rush.</p>
	<p><u>ME</u> (Strong or Weak)</p> <p>3</p> <p><u>Nose</u> - First - Flash - Work through B Gap to C Gap - You are Contain.</p> <p><u>St. End</u> - Engage O.T. - Come around - Break pocket - keep QB in front of you.</p>
	<p><u>"YOU"</u> Green Call</p> <p>4</p> <p><u>Nose</u> - Same as "You" except come around tighter. You are not Contain.</p> <p><u>St. End</u> - Same as "You" except work to weak A Gap - inside rusher weak</p> <p><u>Wk. End</u> - Contain rush.</p>
	<p><u>"ME"</u> Green Call</p> <p>5</p> <p><u>Nose</u> - First - Flash - Penetrate A Gap - You are not Contain.</p> <p><u>St. End</u> - Engage O.T. - Come up and - Penetrate weak A Gap.</p> <p><u>Wk. End</u> - Contain rush.</p>

4 MAN PASS RUSH ALIGNMENT

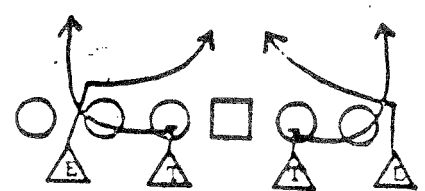
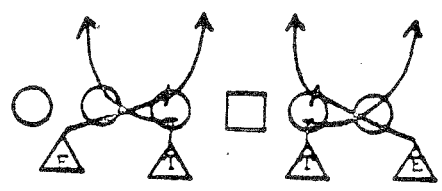
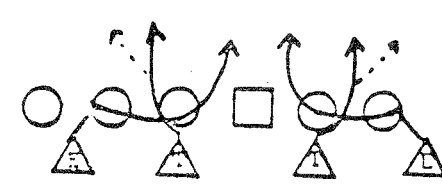
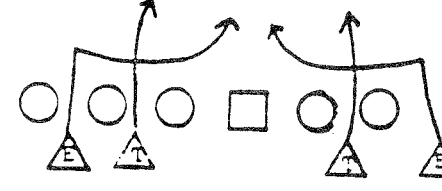
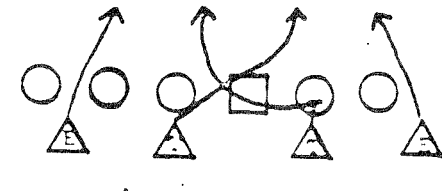
<p style="text-align: center;"><u>REGULAR</u></p> <p style="text-align: right;">1</p>  <p>T's - 2 Alignment E's - 5 Alignment</p>	<p style="text-align: center;"><u>DOUBLE GEORGE</u></p> <p style="text-align: right;">2</p>  <p>T's - A Gap Alignment E's - 5 Alignment</p>
<p style="text-align: center;"><u>STRONG GEORGE</u></p> <p style="text-align: right;">3</p>  <p>S.T. - A Gap Alignment W.T. - 2 Alignment E's - 5 Alignment</p>	<p style="text-align: center;"><u>WEAK GEORGE</u></p> <p style="text-align: right;">4</p>  <p>S.T. - 2 Alignment W.T. - A Gap Alignment E's - 5 Alignment</p>
<p style="text-align: center;"><u>STRONG WIDE</u></p> <p style="text-align: right;">5</p>  <p>S.T. - B Gap Alignment W.T. - 2 Alignment S.E. - 7 Alignment W.E. - 5 Alignment</p>	<p style="text-align: center;"><u>WEAK WIDE</u></p> <p style="text-align: right;">6</p>  <p>S.T. - 2 Alignment W.T. - B Gap Alignment S.E. - 5 Alignment W.E. - 7 or 6 Alignment</p>
<p style="text-align: center;"><u>OVER STRONG</u></p> <p style="text-align: right;">7</p>  <p>S.T. - 2 or 3 Alignment W.T. - 0 Alignment E's - 5 Alignment</p>	<p style="text-align: center;"><u>OVER WEAK</u></p> <p style="text-align: right;">8</p>  <p>S.T. - 0 Alignment W.T. - 2 or 3 Alignment E's - 5 Alignment</p>
<p style="text-align: center;"><u>OVER STRONG WIDE</u></p> <p style="text-align: right;">9</p>  <p>S.T. - B Gap Alignment W.T. - 0 Alignment S.E. - 7 Alignment W.E. - 5 Alignment</p>	<p style="text-align: center;"><u>OVER WEAK WIDE</u></p> <p style="text-align: right;">10</p>  <p>S.T. - 0 Alignment W.T. - B Gap Alignment S.E. - 5 Alignment W.E. - 7 or 6 Alignment</p>

<p style="text-align: center;"><u>SLIDE STRONG</u></p> <p style="text-align: right;">1</p>  <p>S.T. - 2 or 3 Alignment W.T. - 0 Alignment S.E. - 5 Alignment W.E. - 2 or 3 Alignment</p>	<p style="text-align: center;"><u>SLIDE WEAK</u></p> <p style="text-align: right;">2</p>  <p>S.T. - 0 Alignment W.T. - 2 or 3 Alignment S.E. - 2 or 3 Alignment WK. - 5 Alignment</p>
<p style="text-align: center;"><u>SLIDE STRONG WIDE</u></p> <p style="text-align: right;">3</p>  <p>S.T. - 8 Gap Alignment W.T. - 0 Alignment S.E. - 7 Alignment W.E. - 2 or 3 Alignment</p>	<p style="text-align: center;"><u>SLIDE WEAK WIDE</u></p> <p style="text-align: right;">4</p>  <p>S.T. - 0 Alignment W.T. - 8 Gap Alignment S.E. - 2 or 3 Gap Alignment W.E. - 7 or 6 Alignment</p>
<p style="text-align: center;"><u>SPY</u></p>  <p>S.T. - 2 or 3 Alignment W.T. - 0 Alignment S.E. - 5 or 7 Alignment W.E. - 5 or 7 Alignment</p>	<p style="text-align: center;"><u>SPY</u></p>  <p>S.T. - 0 Alignment W.T. - 2 or 3 Alignment S.E. - 5 or 7 Alignment W.E. - 5 or 7 Alignment</p>
	
	

33 PASS RUSH ALIGNMENTS (PONY)

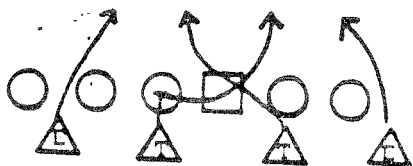
<p style="text-align: center;"><u>REGULAR</u></p> <p style="text-align: right;">1.</p>  <p>S.E. - 5 or 7 Alignment T. - A Gap Alignment W.E. - 2 or 3 Alignment</p>	<p style="text-align: center;"><u>CHANGE</u></p> <p style="text-align: right;">2.</p>  <p>S.E. - 5 or 7 Alignment T. - 2 or 3 Alignment W.E. - A Gap Alignment</p>
<p style="text-align: center;"><u>OVER STRONG (LEFT)</u></p> <p style="text-align: right;">3.</p>  <p>S.E. - 5 or 7 Alignment T. - 2 or 3 Alignment W.E. - 0 Alignment</p>	<p style="text-align: center;"><u>OVER WEAK (RIGHT)</u></p> <p style="text-align: right;">4.</p>  <p>S.E. - 5 or 7 Alignment T. - 0 Alignment W.E. - 2 or 3 Alignment</p>
<p style="text-align: center;"><u>SLIDE LEFT</u></p> <p style="text-align: right;">5.</p>  <p>S.E. - 2 or 3 Alignment T. - 0 Alignment W.E. - 2 or 3 Alignment</p>	<p style="text-align: center;"><u>SLIDE RIGHT</u></p> <p style="text-align: right;">6.</p>  <p>S.E. - 2 or 3 Alignment T. - 0 Alignment W.E. - 2 or 3 Alignment</p>
<p style="text-align: center;"><u>SLIDE</u></p> <p style="text-align: right;">7.</p>  <p>S.E. - 2 or 3 Alignment T. - 0 Alignment W.E. - 2 or 3 Alignment</p>	
	

4 MAN LINE GAMES

	<p><u>YOU</u></p> <p>1</p> <p><u>Tackles</u> - Engage O.G. - Come around - You are Contain.</p> <p><u>Ends</u> - First-Two steps upfield with good outside fake - Come inside O.T. - Break pocket.</p>
	<p><u>YOU PICK</u></p> <p>2</p> <p><u>Tackles</u> - Engage O.G. - Hold O.G. for "Pick" - You are Contain.</p> <p>C.P. - Read End.</p> <p><u>Ends</u> - First-Step upfield with outside foot - Pick O.G. with inside pad - Break pocket.</p>
	<p><u>ME</u></p> <p>3</p> <p><u>Tackles</u> - First - Flash - Penetrate 3 Gap - You are Contain.</p> <p>C.P. - Work outside tackle if area blocking.</p> <p><u>Ends</u> - Engage O.T. - Come around inside O.G. - Break pocket.</p>
	<p><u>WIDE ME</u></p> <p>4</p> <p><u>Tackles</u> - First - Penetrate 3 Gap with upper cut - You are Contain.</p> <p>C.P. - Work outside tackle if area blocking.</p> <p><u>Ends</u> - Four steps upfield with good outside fake - Come inside O.T. - Break pocket.</p>
	<p><u>TOM</u></p> <p>5</p> <p><u>St. Tackle</u> - First - Flash - Penetrate A Gap working to weak A Gap - Inside rusher weak.</p> <p><u>Wk. Tackle</u> - Engage O.G. - Come around - Penetrate strong A Gap - Inside rusher strong.</p> <p><u>Ends</u> - Normal Rush.</p>

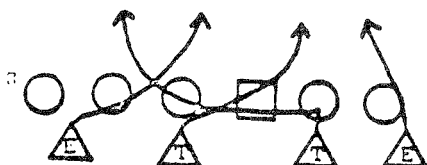
4 MAN LINE GAMES

TESS



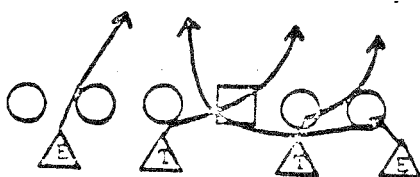
- 1 St. Tackle - Engage O.G. - Come around - Penetrate weak A Gap - Inside rusher weak.
- Wk. Tackle - First - Flash - Penetrate A Gap working to strong A Gap - Inside rusher strong.

PAM STRONG



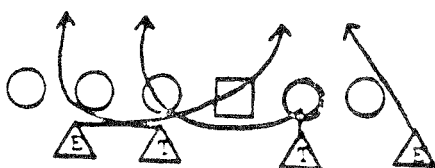
- 2 St. Tackle - Same as "Tom" - Push Gap.
- Wk. Tackle - Engage O.G. - Come around - You are Contain.
- St. End - Flash - Penetrate B Gap.
- Wk. End - Normal rush.

FLASH WEAK



- 3 St. Tackle - Same as "Tom" - Push Gap.
- Wk. Tackle - Engage "Me".
- St. End - Normal rush.
- Wk. End - Engage O.T. - Come around - Penetrate strong A Gap - Inside rusher strong.

SINK IT STRONG



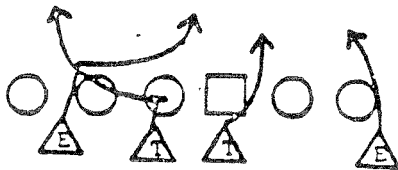
- 4 St. Tackle - First - Back slightly off ball - Come around on snap - You are Contain.
- Wk. Tackle - Engage O.G. - Come around - Penetrate strong A or B Gap.
- St. End - First - Penetrate strong A Gap work to weak A Gap - Inside rusher weak.
- Wk. End - Normal rush.



4 MAN LINE GAMES (OVER)

YOU (STRONG)

1

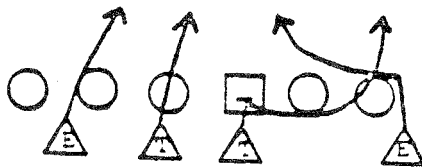


Same as "You" from regular alignment.

C.P. - Can you both sides.

YOU (WEAK)

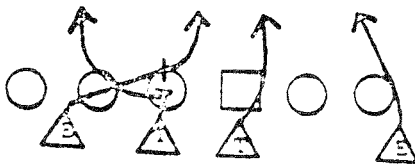
2

Wk. Tackle - Engage center - Come around-
You are Contain.Wk. End - Same as You from regular
alignment.

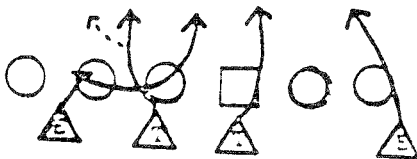
C.P. - Can you both sides.

YOU PICK

3

Same as "You Pick" from regular
alignment.ME

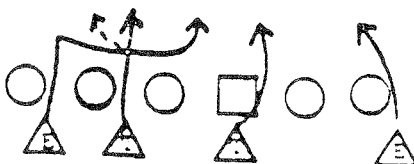
4



Same as "Me" from regular alignment.

WIDE ME

5

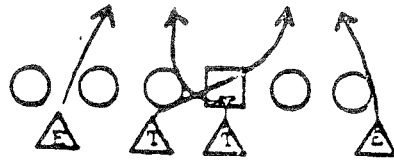


Same as "Wide Me" from regular alignment.

4 MAN LINE GAMES (OVER)

TOM

1



Same as "Tom" from regular alignment except Wk. Tackle engage Center.

TESS

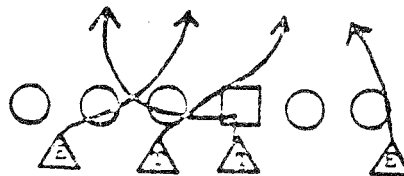
2



Same as "Tess" from regular alignment except Wk. Tackle flash Center.

RAM STRONG

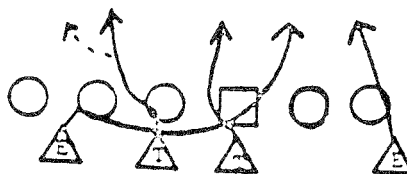
3



Same as "Ram" from regular alignment except Wk. Tackle engage Center.

FLUSH STRONG

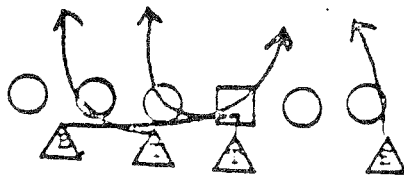
4



Same as "Flush" from regular alignment except Wk. Tackle flash Center.

SINK IT STRONG

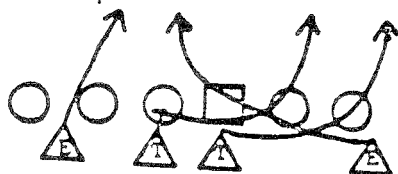
5



Same as "Sink It" from regular alignment except Wk. Tackle engage Center.

4 MAN LINE GAMES (OVER)

SINK IT WEAK



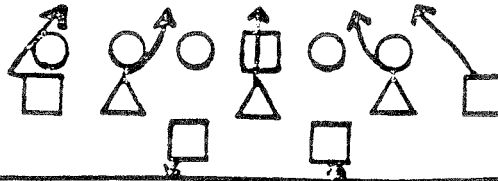
1

- St. Tackle - Engage O.G. - Come around - Penetrate weak B Gap.
- Wk. Tackle - Flash center - Come around - You are Contain.
- Wk. End - First - Penetrate weak A Gap working to strong A Gap Inside rush strong.
- St. End - Normal rush.

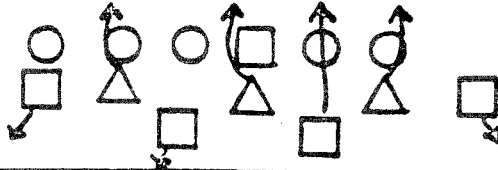


PASSING LANES FOR DEFENSIVE LINEMEN

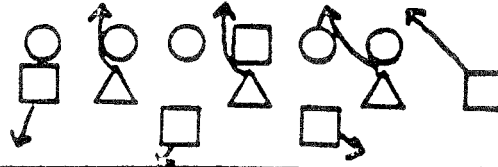
COVER 0 (Zero)



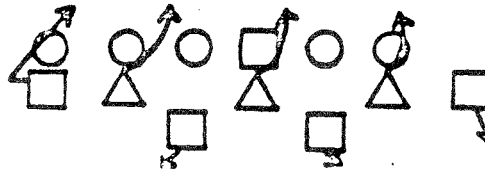
COVER 1



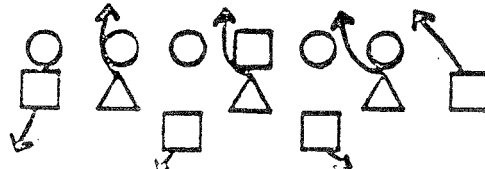
COVER 2



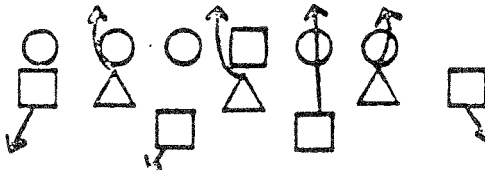
COVER 3



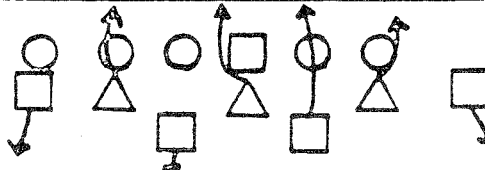
COVER 4



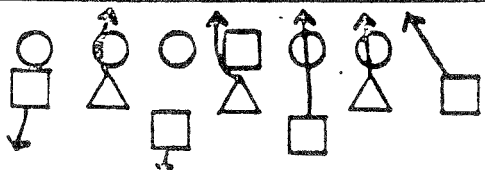
COVER 5



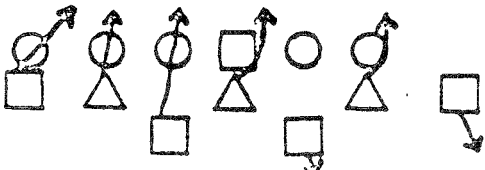
COVER 6



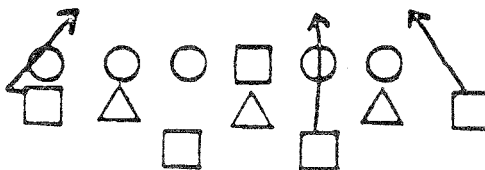
COVER 8



COVER 9



BLITZ COVERAGE



COVER 0 (Zero)	
COVER 1	
COVER 2	
COVER 3	
COVER 4	
COVER 5	
COVER 6	
COVER 8	
COVER 9	
BLITZ COVERAGE	

BLITZ COVERAGE

PASS RUSH GAMES

1. ME GAMES - Me Games are tackle end games with tackle going first.
 - A. ME - Good vs. guard & tackle setting at same depth. Tackle will slap & upper cut B gap - end will engage & penetrate A gap.
 - B. ME DELAY - Same as "ME" except tackle will power rush & burrow or upper cut B gap
 - C.P. - end read tackle
 - C. ME WIDE - good vs. guard that sets short & tackle that sets deep - Tackle, line up in B gap & burrow or upper cut B gap - End line up wide, take 2 to 4 steps up field than burrow or upper cut A gap.
 - C.P. - Tackle must get vertical penetration as quickly as possible - cannot be stabbed off or pushed into D.E. End, engage - squeeze blocker as close as possible as you come around - gain depth toward QB with momentum forward, never laterally or backward.
2. YOU GAMES - You Games are tackle end games with end going first.
 - A. YOU - Good vs. guard that sets short and tackle that sets deep. Tackle will engage and penetrate & gap. End will take it up field 2 to 4 steps then burrow or upper cut A gap.
 - B. YOU PICK - Good vs. same setter as "YOU". Tackle will engage & hold guard for defensive end to pick then penetrate C gap. End will flash or come directly for offensive guard, picking him with his inside shoulder, then work up field to QB.
 - C.P. - Tackle engage - squeeze blocker as close as possible as you come around - gain depth toward QB with momentum forward, never laterally or backwards. End as you make your break inside, give good head & shoulder fake with momentum low.
3. TOM OR TESS GAMES - Tom or Tess Games are tackle tackle games. Tom is the strong tackle who is also the gap tackle - The weak tackle is the loop tackle. Tess is the opposite.
 - A. TOM OR TESS - Good vs. 60, 70 protection or 80 protection with a guard that sets deep - if 80 protection & both guards set at same depth, best to double George. Gap tackle will flash & burrow or upper A gap working to far A gap - if George alignment, use burrow technique. Loop tackle will engage guard & penetrate far A gap - if George alignment, engage center.
 - C.P. - Gap tackle must get vertical penetration working to far A gap - cannot get knocked back. Loop tackle engage - squeeze blocker as close as possible as you come around - gain depth toward QB with momentum forward, never laterally or backward. Gap tackle should chase center or be aligned on deep setting guard.

4. RAM GAME - Ram is game that involves both tackles and one end. One tackle is the loop tackle, the other tackle & end are gap players. Strong or weak will be the call to designate the gap players side.

A. RAM - Good vs. 60, 70 protection or 80 protection with tackle area blocking. Gap tackle will burrow A gap on snap. Gap end will burrow B gap on snap or flash & burrow or upper cut. Loop tackle will engage guard & penetrate for C gap - if George alignment, engage center.

C.P. - Gap tackle must get vertical penetration working to far A gap - cannot be knocked back. Loop tackle engage - squeeze blocker as close as possible as you come around - gain depth toward QB with momentum forward. Gap tackle should chase center.

5. FLUSH GAME - Flush is a game that involves both tackle and one end. One tackle is gap tackle & the other tackle is an engage tackle - the end is a loop end. Strong or weak will be the call to designate the loop ends side.

A. FLUSH - Good vs. 60, 70 protection or 80 protection with a guard that sets deep. Gap tackle will flash & burrow or upper cut. A gap working to far A gap - if George alignment, use burrow technique. Engage tackle will engage offensive guard & penetrate C gap. Loop end will engage tackle & penetrate far A gap.

C.P. - Gap tackle must get vertical penetration working to far A gap - cannot be knocked back. Engage tackle, make guard block M/M, do not want area blocking. Loop end engage - squeeze blockers as close as possible as you come around - gain depth toward QB with momentum forward. Gap tackle should chase center.

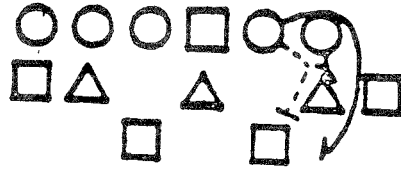
TYPES OF BLOCKS - STACK DEFENSE

<p><u>BASE</u> 1</p>	<p><u>TRAP</u> 2</p>
<p><u>I-TRAP</u> 3</p>	<p><u>SWEEP TRAP</u> 4</p>
<p><u>WHAM</u> 5</p>	<p><u>ICE-O</u> 6</p>
<p><u>LOG</u> 7</p>	<p><u>GUT-BLOCK</u> 8</p>
<p><u>G-BLOCK</u> 9</p>	<p><u>POWER</u> 10</p>

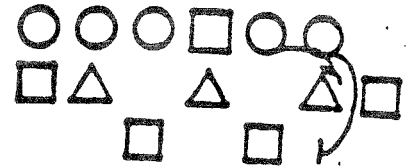
STACK

A OPTION

1

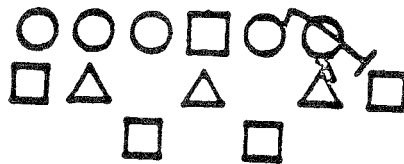


SCOOP



"G" BLOCK

3

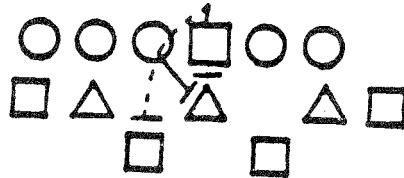


"O" BLOCK



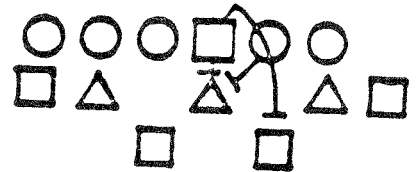
LON

5



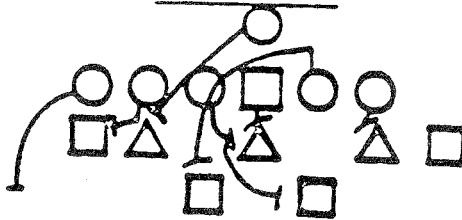
RON

6



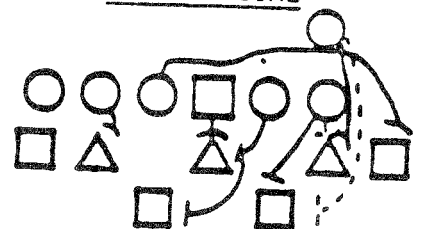
I-O FB TRAP

7



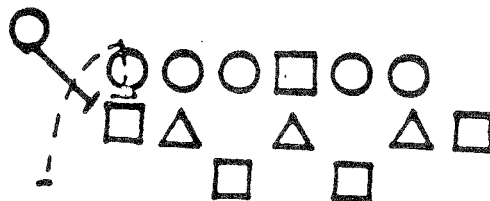
BILL SPECIAL

8



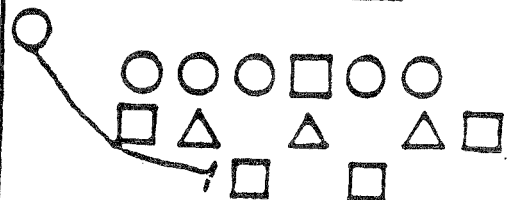
SEAL CRACK

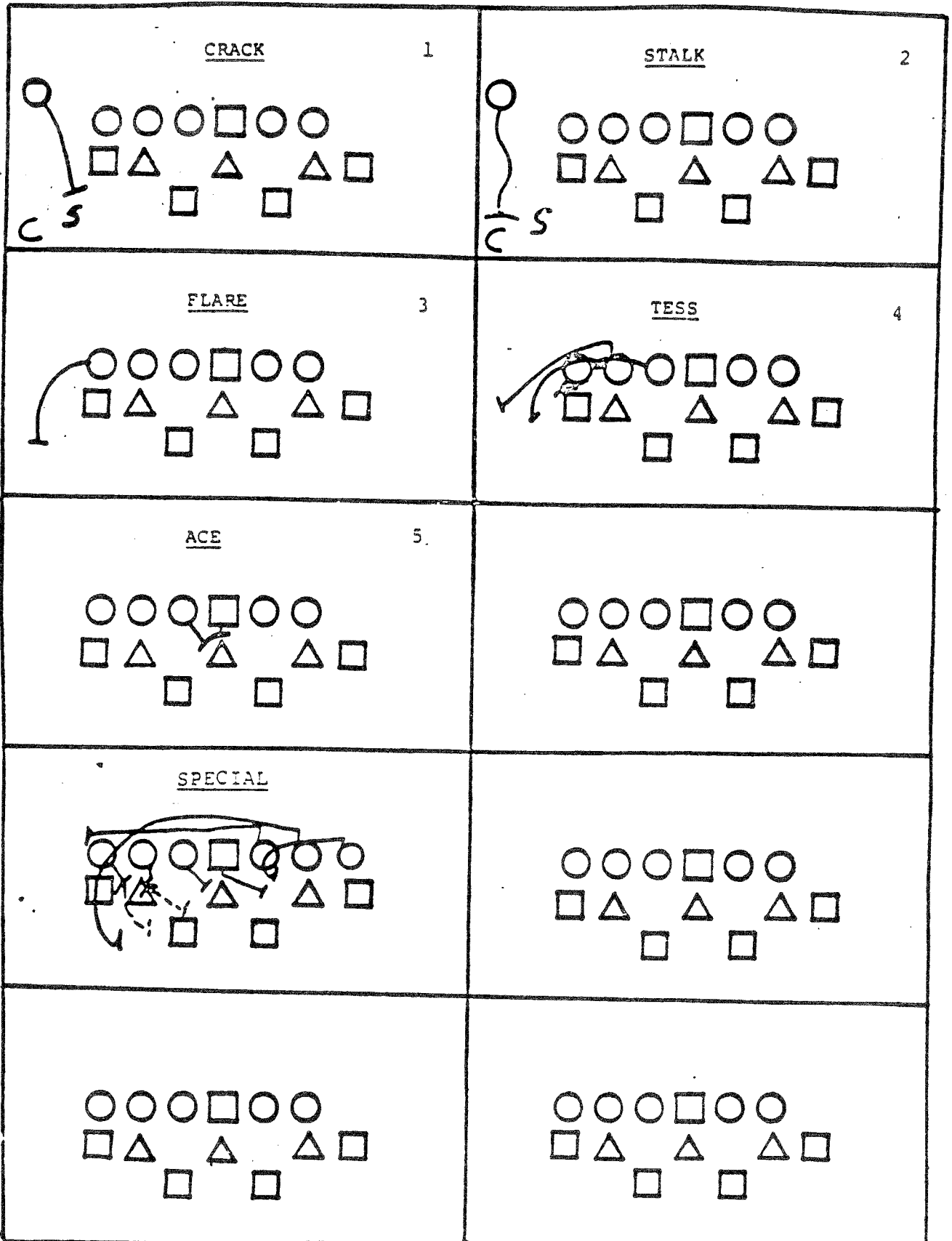
9



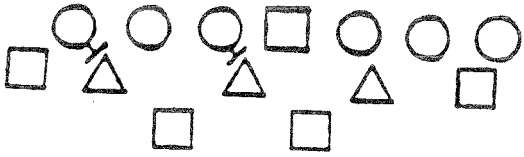
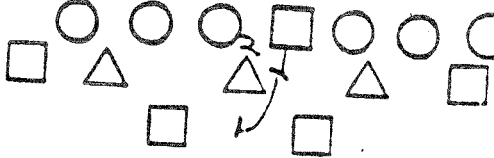
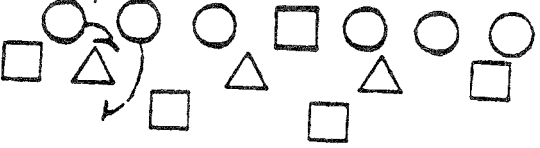
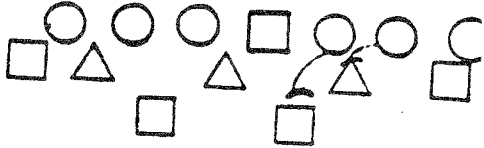
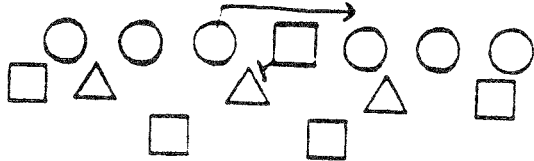
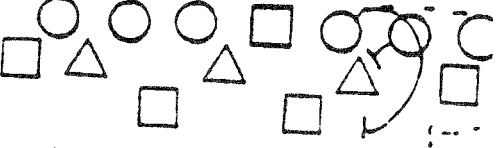
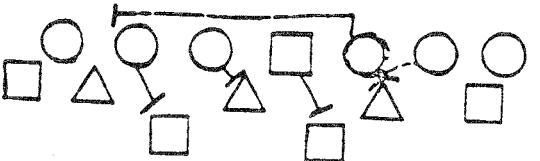
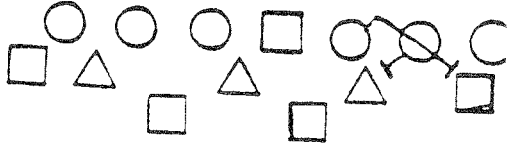
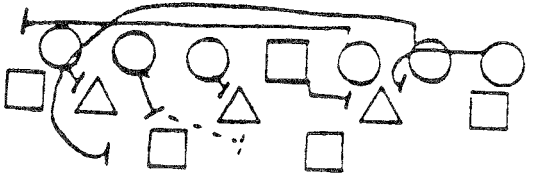
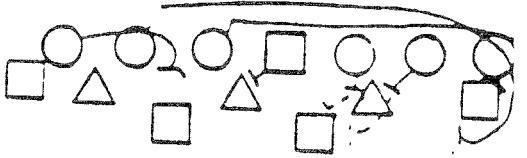
SAM CRACK

10


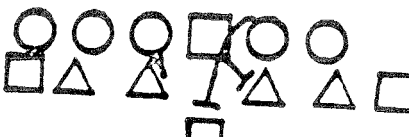
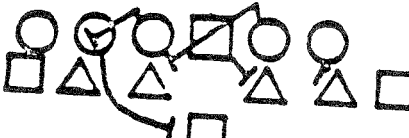



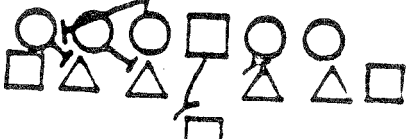

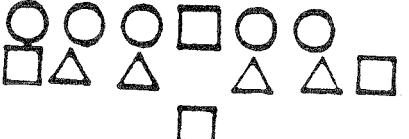
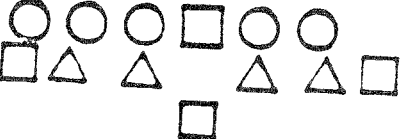


STACK

GAP

<p><u>DOWN</u></p> <p>1.</p> 	<p><u>SLIP</u></p> 
<p><u>Y SWAP</u></p> <p>3.</p> 	<p><u>SWAP</u></p> 
<p><u>BACK</u></p> <p>5.</p> 	<p><u>A</u></p> 
<p><u>TRAP</u></p> <p>7.</p> 	<p><u>S</u></p> 
<p><u>SPECIAL</u></p> <p>9.</p> 	<p><u>SPECIAL</u></p> 

TYPES OF BLOCKS 4-3 DEFENSE

<p><u>C</u></p> <p>1</p>  <p>Guard at point of attack</p>	<p><u>FOLD</u></p> <p>2</p>  <p>Guard opposite point of attack</p>
<p><u>I - TRAP</u></p> <p>3</p> 	<p><u>I - T. TRAP</u></p> <p>4</p> 
<p><u>TAG</u></p> <p>5</p> 	<p><u>4 HOLE G</u></p> <p>6</p> 
<p><u>6 HOLE G</u></p> <p>7</p> 	<p><u>G - O</u></p> <p>8</p> 
	

NUMBERING AND CALLING PASS OFFENSE FLARE CONTROL

1. A base pattern is assigned a number. The number describes the blocking and pattern. The play can be altered, to take advantage of an individual or a coverage, by adding a combination pattern or individual pattern to a number. Our objective is to describe a play with only a number, or a number with a word or short code.

Example:

68 Strongside combination will be described with a short word - 68 FIN.

78 Weakside combination will be described with a code - 78 CIO.

2. Basic Pass Patterns

- A. 50 - Both backs block, backs cut, backs delay.
- B. 62 - Y release inside, strong back flare.
- C. 64 - Y release outside, strong back flare.
- D. 68 - both backs release to strongside (4 receivers strong).
- E. 74 - weakside flare - no pick up - Y release.
- F. 78 - weakside flood - Y slow.
- G. 82 - Y release inside, both backs check and flare.
- H. 84 - Y release outside, both backs check and flare.
- I. 90 - short passing game - qb 3 step drop.
- J. 100 - play action.
- K. 200 - sprint out or roll out. QB roll with the backs.
- L. 300 - bootleg. QB roll away from the backs.
- M. 400 - hb or fb pass.
- N. 500 screens

PLAY NUMBERING

Running plays will be numbered 1 thru 39.

40 Series are draws.

100 Series are play passes. The backfield running the play maneuver with 100 added will be the pass play. QB sets up behind the backfield action within the tackle box area.

200 Series are play passes. The backfield running the play maneuver with 200 added. QB goes with the faking and rolls out behind the faking. (Rollout Pass)

300 Series are play passes. The backfield running the play maneuver with 300 added. QB goes opposite the faking back. (Bootleg Pass)

400 Series are play passes when regular ball carrier throws a pass while running a play.

500 Series are screen passes. The QB will call pass number and direction of screen.

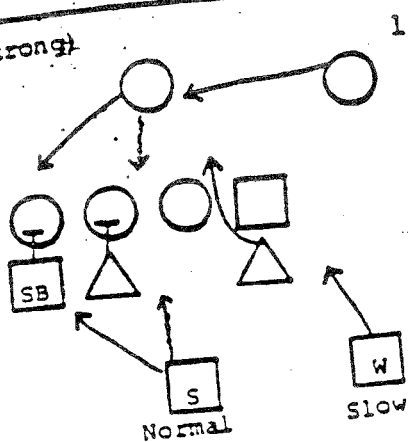
Special Passes. These will be given names or unused numbers.

LUCKY AND RINGO (CALL BY INSIDE LB TO NOSE TACKLE)

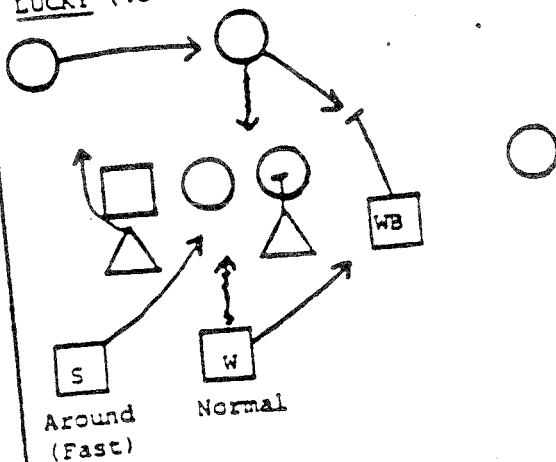
2

N STUNT)

LUCKY (Vs. Run Strong)



LUCKY (Vs. Run Weak)



(This is a Run Stunt)

C.P. - Lucky means Nose Tackle will slant left

END - 4 Technique

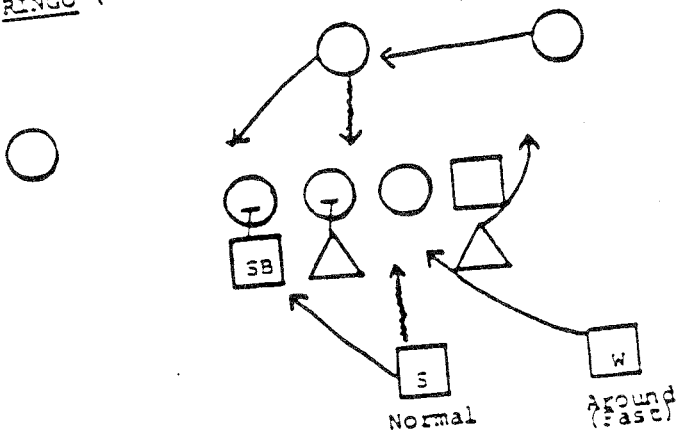
NOSE - Lucky Technique

SAM - Read Normal on Flow to you, go around Nose tackle on Flow away (Fast).

WILL - Normal on Flow to you, slow on Flow away.

RINGO (Vs. Run Strong)

3



C.P. - Ringo means Nose Tackle will slant right.

END - 4 Technique

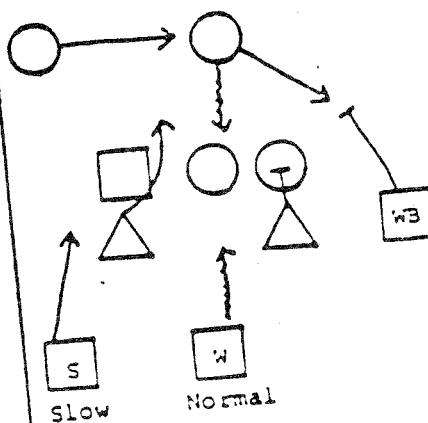
NOSE - Ringo Technique

SAM - Read normal on Flow to you, slow on Flow away.

WILL - Read normal on Flow to you, fast on Flow away around Nose.

RINGO (Vs. Run Weak)

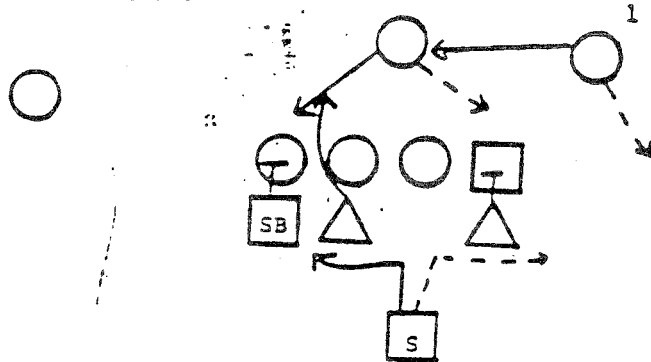
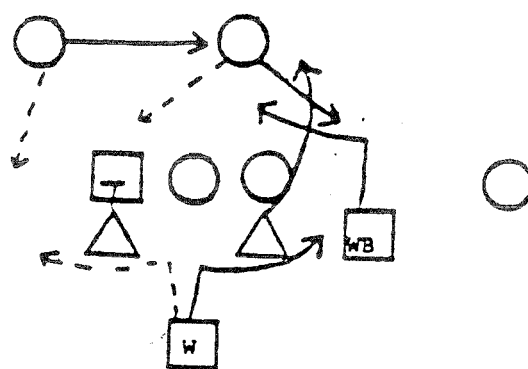
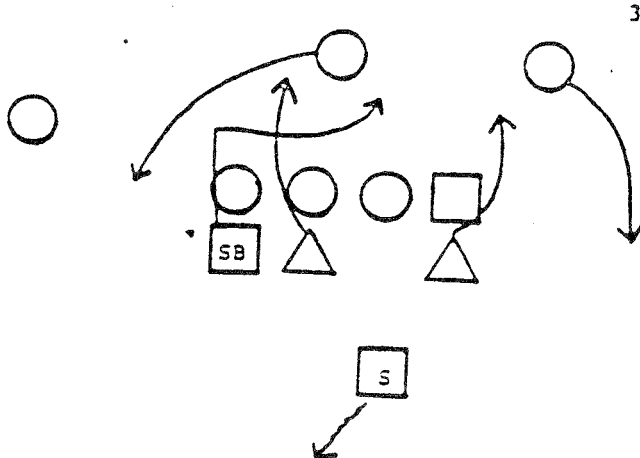
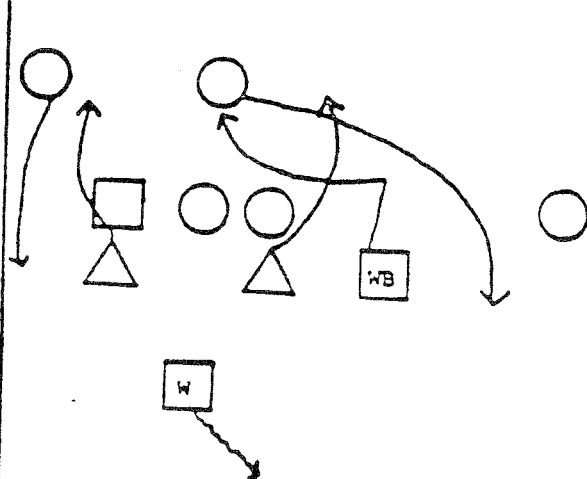
4



(This is a Run Stunt)

LOOP (CALLS BY OUTSIDE LB)

(PASS STUNT)

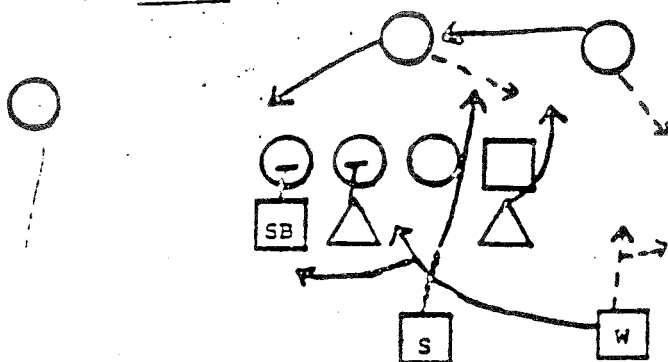
STRONG LOOP Vs. RUNC.P. - OLB must be on and coming (green).OLB - 6 technique. Normal Vs. run.END - Penetrate C Gap - use speed or slap upper cut technique.SAM - Normal read - think inside.WEAK LOOP Vs. RUNC.P. - OLB must be on and coming (green).OLB - Start upfield - run Loop stunt - cutback responsibility.END - Penetrate C Gap - use speed or slap upper cut technique - keep all runs inside - force responsibility.WILL - Normal read - think inside.STRONG LOOP Vs. PASSOLB - Rush upfield 2 to 4 steps and come inside behind End.END - Penetrate C Gap - use speed or slap upper cut technique.SAM - Coverage called.WEAK LOOP Vs. PASSOLB - Same as S.L.B.END - Same as S.E.WILL - Coverage called.

BANDIT (CALL BY INSIDE LB WITH NOSE)

(RUN STUNT)

STRONG BANDIT Vs. RUN

1



C.P. - In order to have a Bandit strongside, Sam must be in rush.

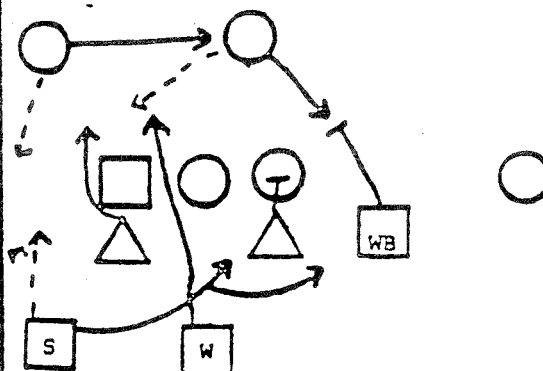
END - 4 technique.

SAM - Penetrate near A Gap.

NOSE - Ringo technique.

WILL - Normal read on Flow to (think outside unless guard on NT) - Fast read on Flow away (B Gap).

WEAK BANDIT Vs. RUN



C.P. - In order to have a Bandit weakside, Will must be in rush.

END - 4 technique.

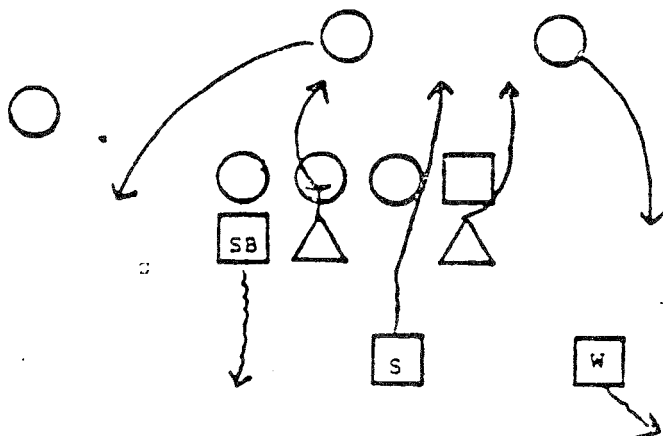
WILL - Penetrate near A Gap.

NOSE - Lucky technique.

SAM - Same as WILL.

STRONG BANDIT Vs. PASS

3



C.P. - Same as above.

END - 4 technique - Contain rush (blue call)

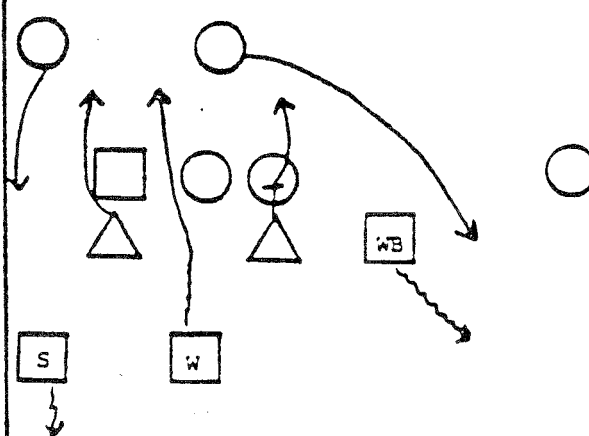
SAM - Penetrate near A Gap - inside rusher strong.

NOSE - Ringo technique - inside rusher weak.

WILL - Coverage called.

S.B. - Coverage called.

WEAK BANDIT Vs. PASS



C.P. - Same as above.

END - Same as S.E.

WILL - Penetrate near A Gap - inside rusher weak.

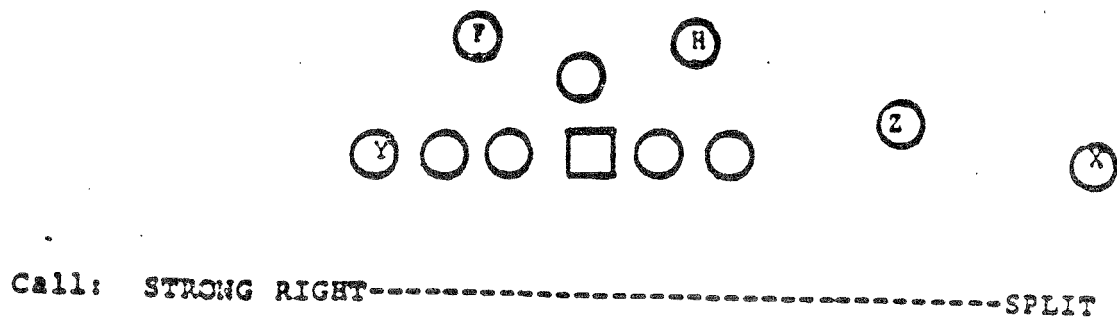
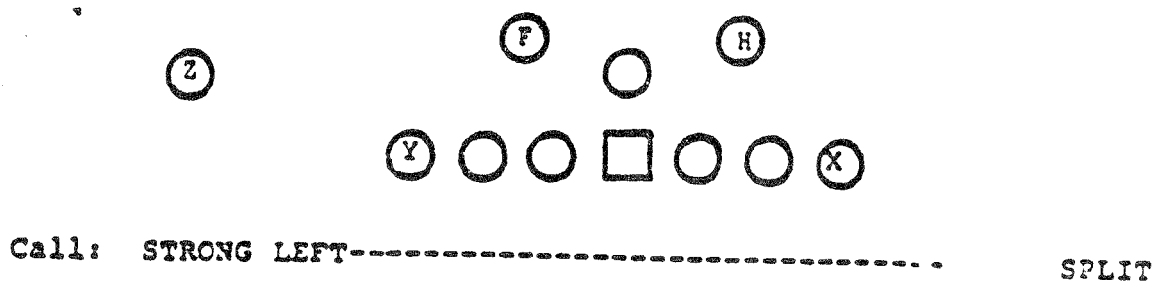
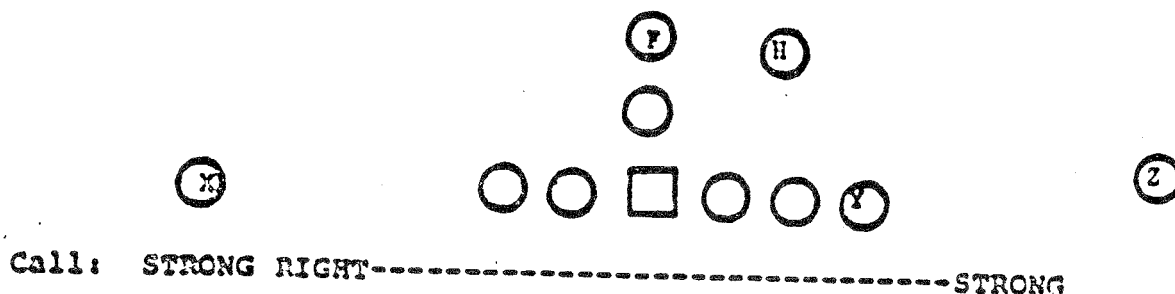
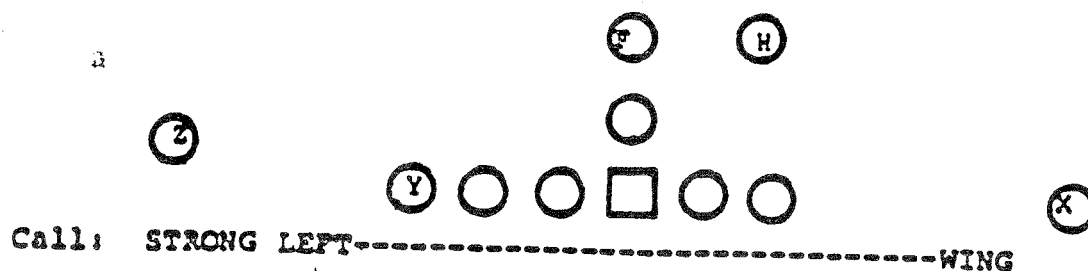
NOSE - Lucky technique - inside rusher strong.

SAM - Coverage called.

W.B. - Coverage called.

METHOD OF CALLING THE OFFENSIVE VARIATIONS AND FORMATIONS AT THE LINE OF SCRIMMAGE IN PROPER PROGRESSION.

- A. Call the DIRECTION of the 2 Receivers - Strong Left or Right
 B. Call the BACKFIELD VARIATION - Strong, Wing or Split.



DEFENSIVE CALLS RESPONSIBILITY

- A. One of the Linebackers will be designated as our Defensive Signal Caller.

The Weak Safety's Responsibility is:

1. Down and Distance - Make sure that the total defensive unit is aware of defensive situation.

The Defensive Signal Caller's Responsibility is:

1. Alert the defense to the offensive personnel.
2. Call of Base Defense (Front Line) and Pass Coverage.

- B. Other Defensive Call Responsibilities

1. Designated Defensive Lineman

- a. Call defensive line game if defense dictates one
- b. "Omaha" any games according to game plan

2. Sam

- a. Call out Strength and Formation
- b. Any alignment change or Stunt Change
- c. Repeat pass coverage call
- d. Motion recognition

3. Strong and Weak Backer

- a. Formation recognition (strength)
- b. Give a color call to the defensive end
- c. Any stunt change of defensive end his respective side
- d. Repeat Pass Coverage Call
- e. Acknowledge force call by secondary

4. Will

- a. Any alignment change of Defensive End his side
- b. Repeat Pass Coverage Call

5. Defensive Secondary

- a. * Safeties must call strength of formation
- b. Call out Pass Coverage - Weak Safety Responsibility - All others repeat
- c. Call out Support Responsibility - Responsibility of both the Strong and Weak Safety - Corners and Outside Linebackers repeat call
- d. Motion Calls - Made by Weak Safety

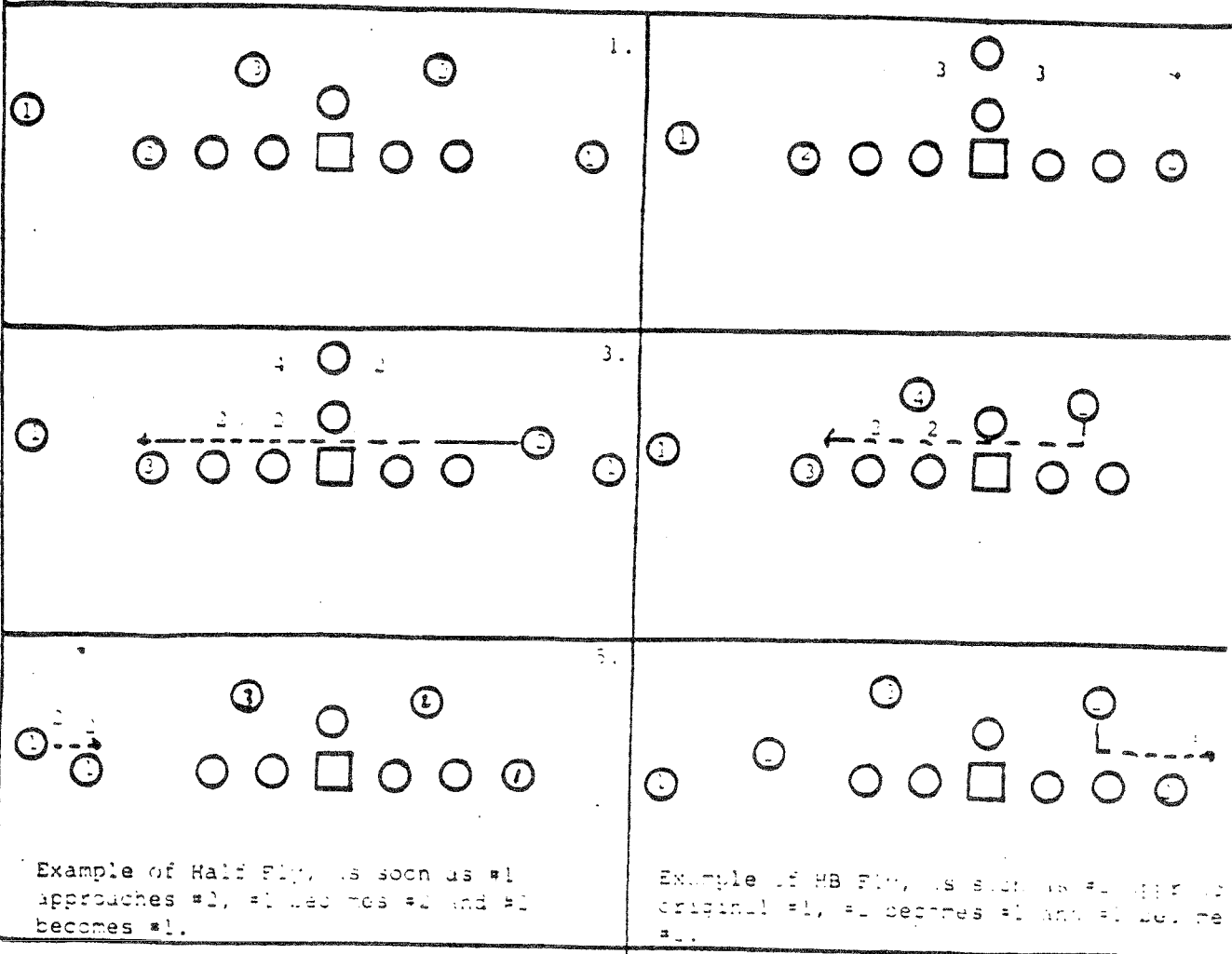
6. Defensive Audibles

- a. Recognition of "Exotic" formations and any coverage change associated with those formations are the responsibility of everyone.
- b. Linebackers and Deep Backs - Communicate. You must relay the coverage of both by audible and visual signals. As a secondary, we must make certain everyone knows the defense we will play. Eliminate any possible mental blocks by Talking to each other.
- c. Sam will make the call to change our Front, Stunts, or Games. The call is made by giving an audible signal which will alert our line and linebackers the change. Repeat call twice.
- d. All Changes Must Occur Quickly! This requires Concentration and Communication by everyone. Remember, we have no secrets on defense.

NUMBERING RECEIVERS

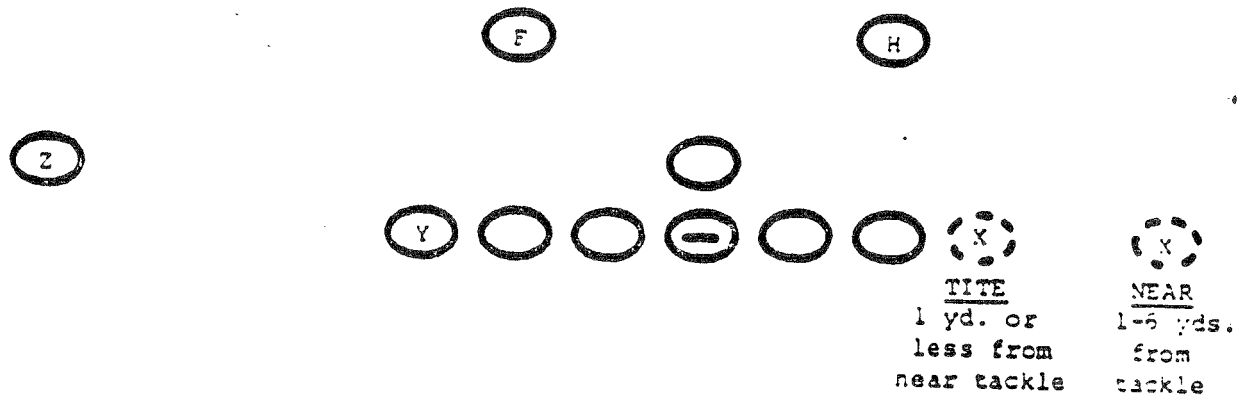
The eligible receivers are numbered from outside to inside on each side of the football. #1 is the widest receiver, #2 is the second widest receiver, and #3 is the third widest receiver.

Receivers's numbers may change due to MOTION as seen in diagrams 3 & 4.
i.e. If a receiver passes the center position, he now becomes the #2 receiver and the original #2 receiver (in this case, tight end) becomes the #3 receiver.
The #4 receiver is the fourth receiver on one side of the ball.



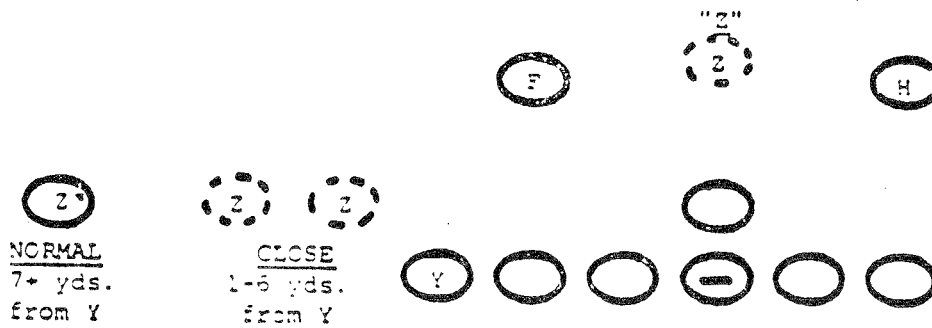
RECEIVER ALIGNMENTS

"X" ALIGNMENTS



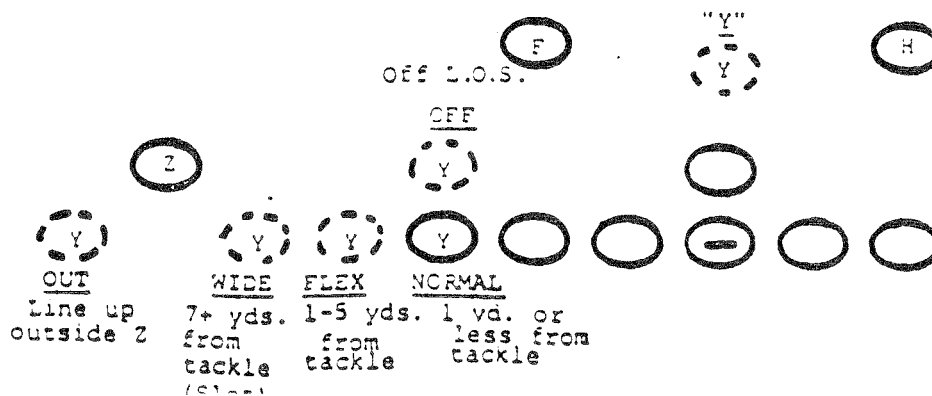
"Z" ALIGNMENTS

Alignment in some backfield position

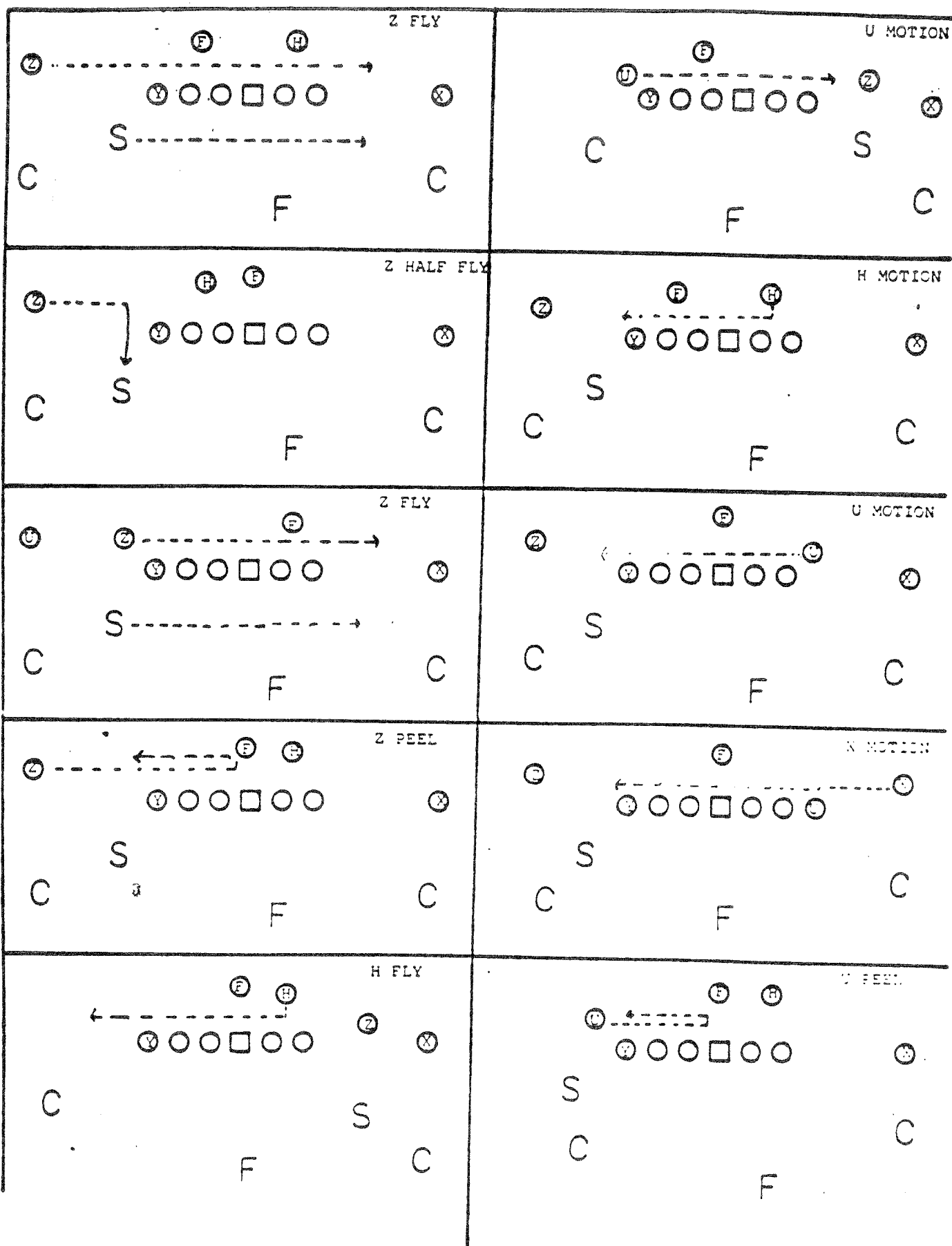


"Y" ALIGNMENTS

Alignment in some backfield position



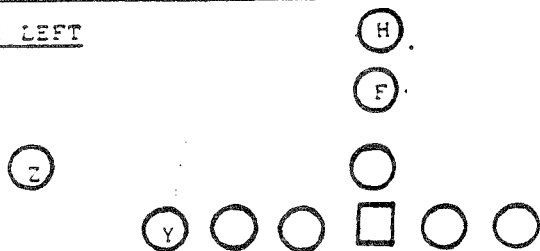
EXAMPLES OF MOTION, FLY, PEEL



FORMATIONS

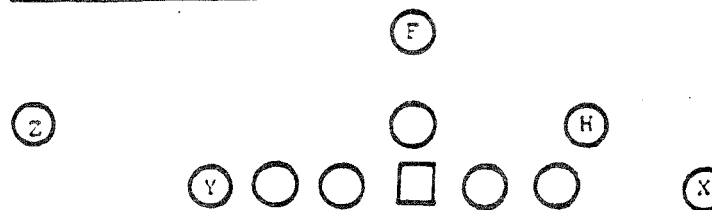
I LEFT

1



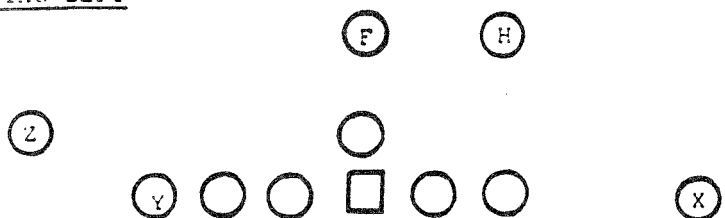
DOUBLE WING LEFT

2



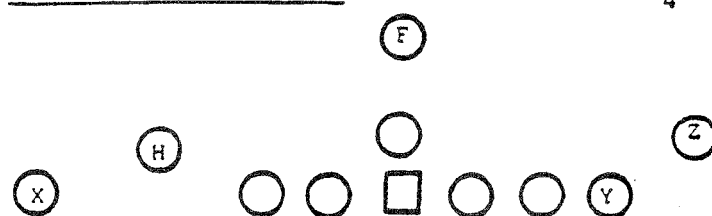
WING LEFT

3



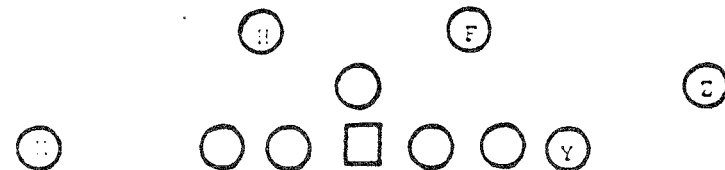
DOUBLE WING RIGHT HALF

4



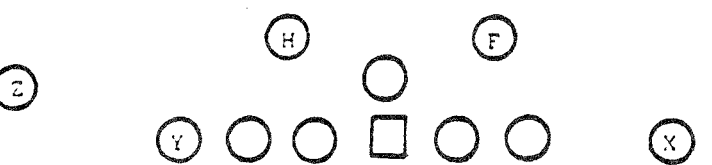
SPLIT RIGHT

5



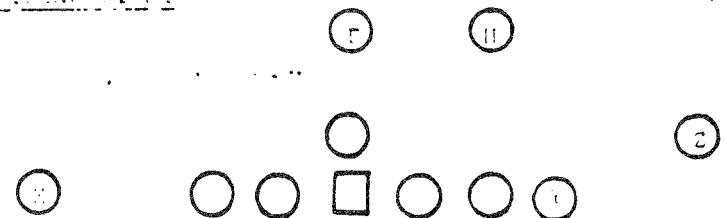
SPLIT LEFT SWITCH

6



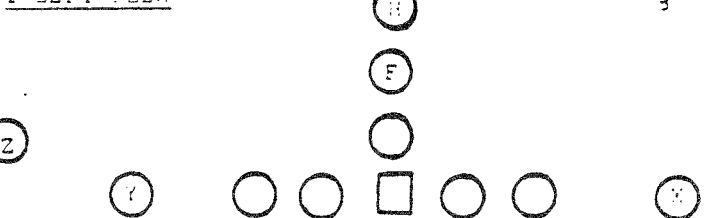
WING FIVE

7



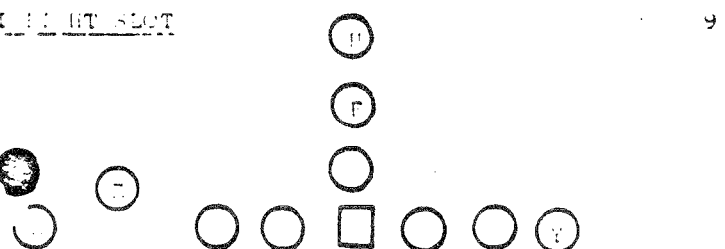
I LEFT FLEM

8



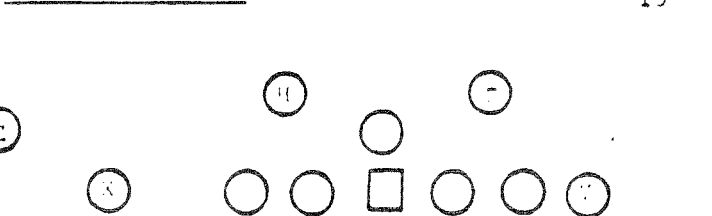
SPLIT LEFT

9



SPLIT RIGHT TWIN

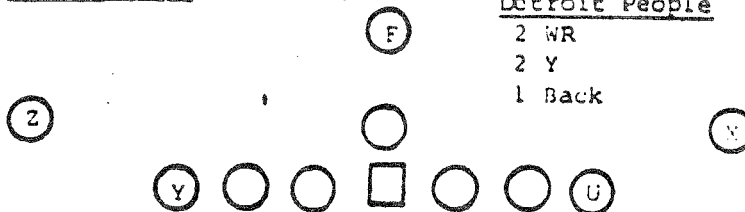
10



FORMATIONS

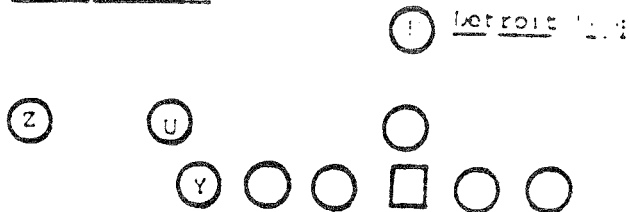
DETROIT LEFT

1
Detroit People
2 WR
2 Y
1 Back



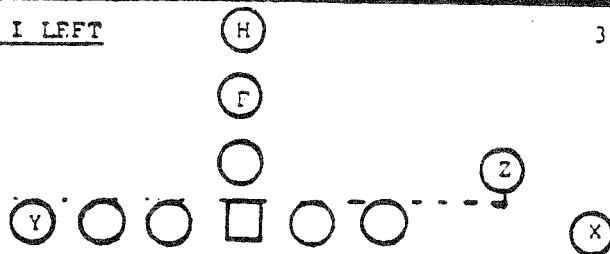
FLOOD LEFT YY

1 Detroit People

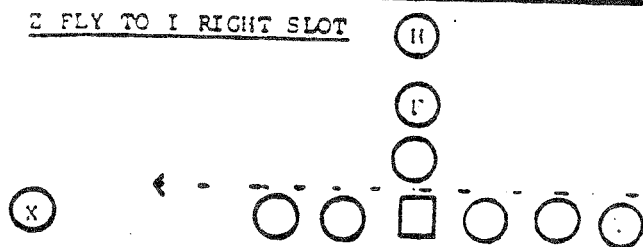


Z FLY TO I LEFT

3

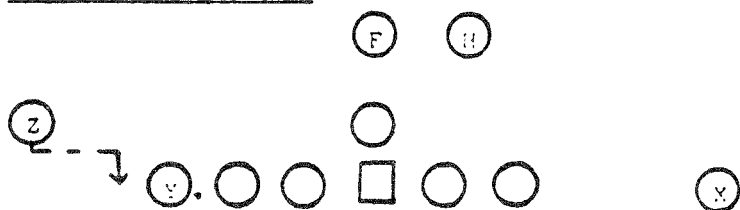


Z FLY TO I RIGHT SLOT

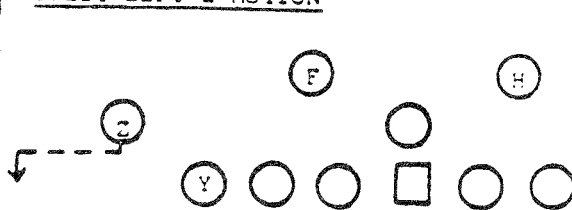


WING LEFT Z HALF FLY

5

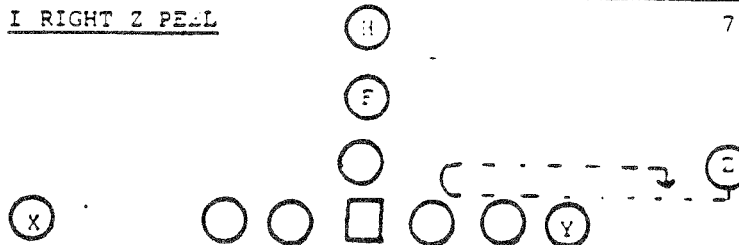


SPLIT LEFT Z MOTION

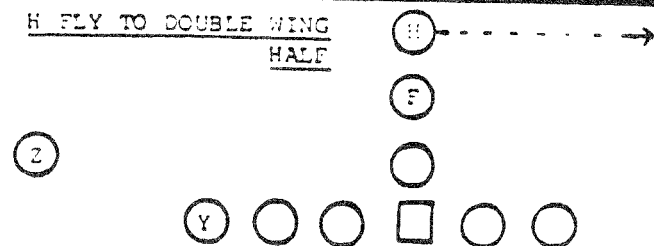


I RIGHT Z PEEL

7

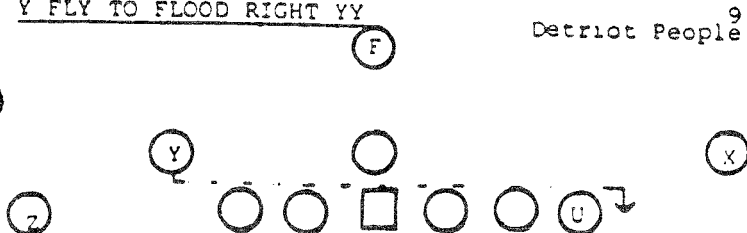


H FLY TO DOUBLE WING HALF

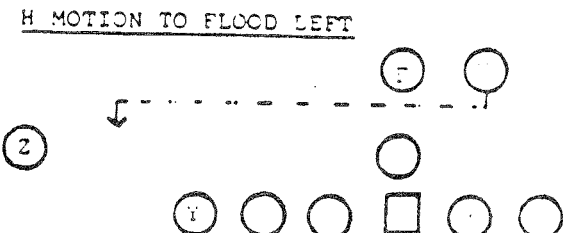


Y FLY TO FLOOD RIGHT YY

9
Detroit People



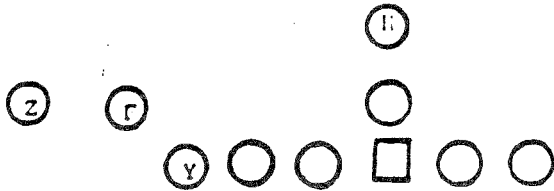
H MOTION TO FLOOD LEFT



FORMATIONS

FLOOD LEFT

1

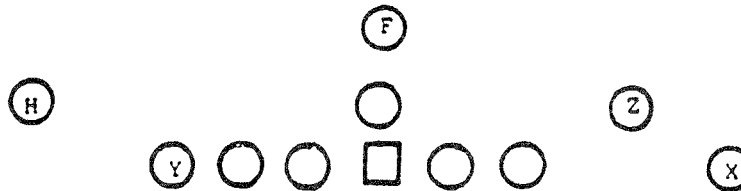


FLOOD LEFT FLEX WEAK

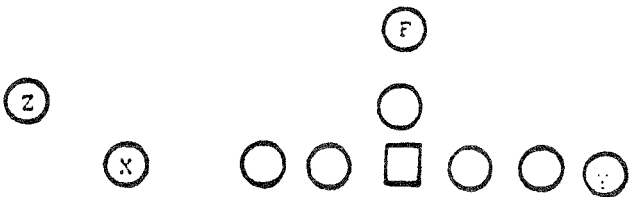


DENVER RIGHT

3

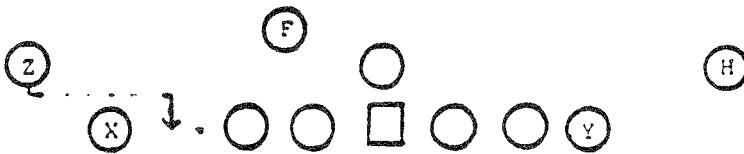


DENVER TWIN LEFT



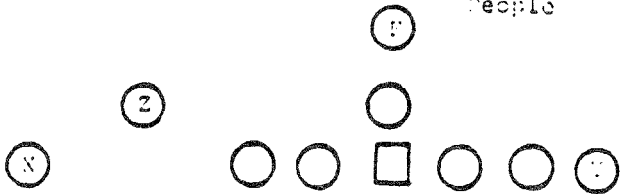
Z HALF FLY TO DENVER LEFT STRONG

5



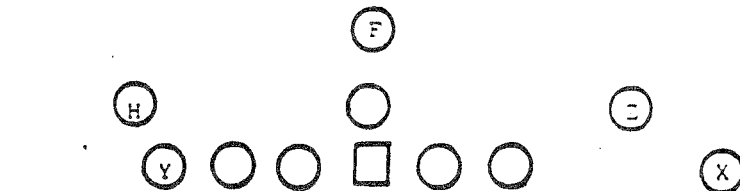
DENVER LEFT

Detroit People

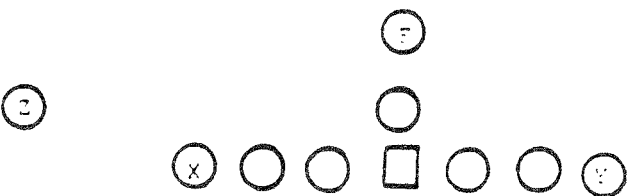


DENVER RIGHT CLOSE

7

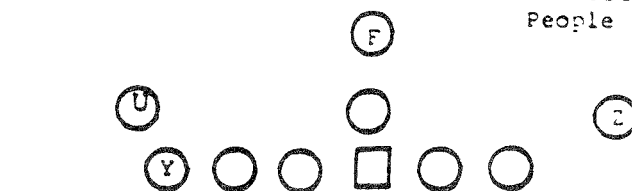


DENVER TWIN LEFT TIGHT



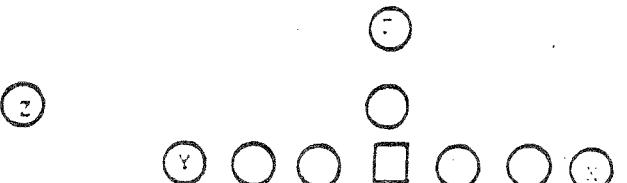
DENVER RIGHT YY CLOSE

9



Detroit People

DOUBLE WING LEFT TITE H OUT

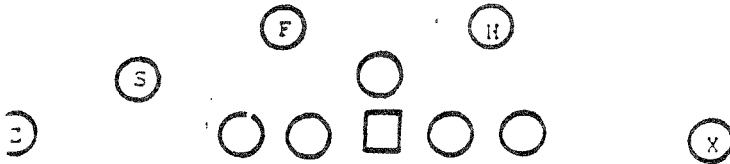


FORMATIONS

SPLIT LEFT 3

3 WR's
2 Backs

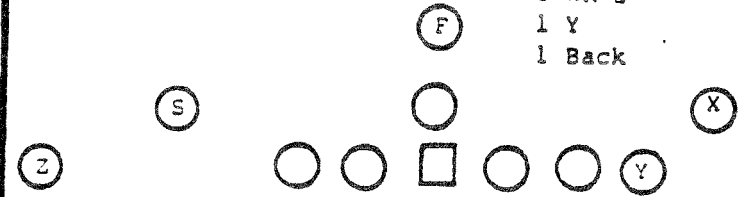
1



DENVER LEFT 3

3 WR's
1 Y
1 Back

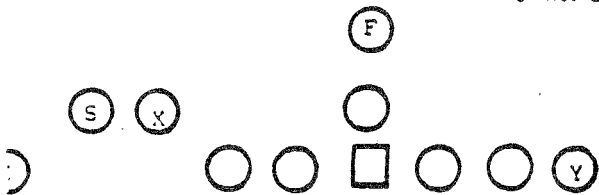
2



TRIPS LEFT 3

3 WR's

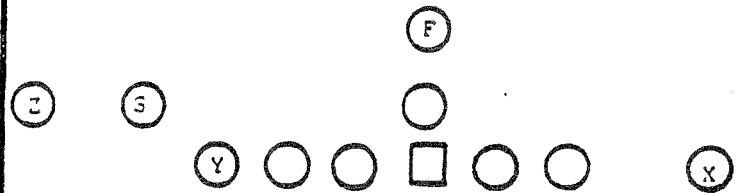
3



FLOOD LEFT 3

3 WR's

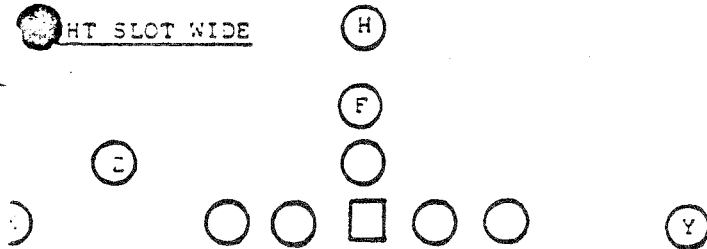
4



HT SLOT WIDE

H

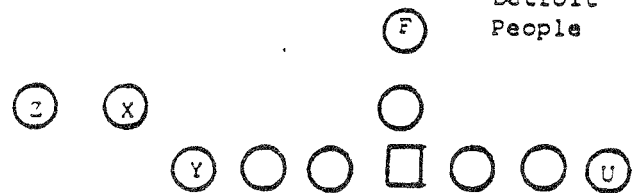
5



TRIPS LEFT

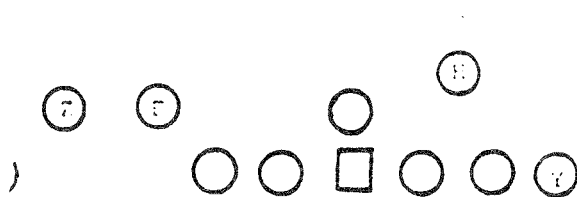
Detroit
People

6



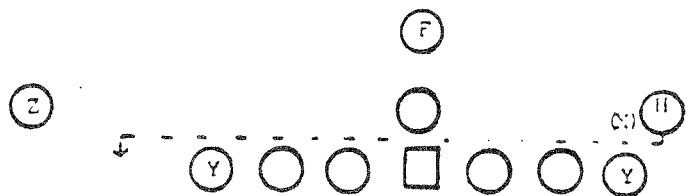
TRIPS LEFT SLOT WEAK SWITCH

7



H MOTION TO FLOOD LEFT TITE 2Y

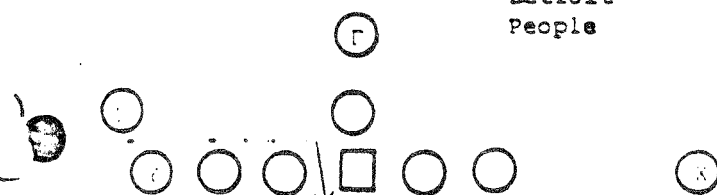
8



TRIPS LEFT NY F WIDE FLY

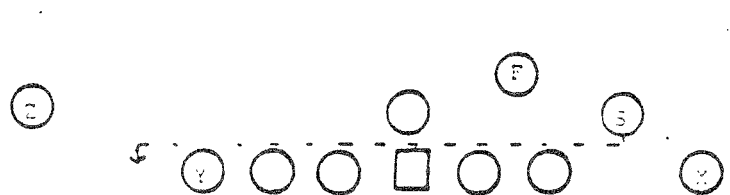
Detroit
People

9



SLOT FLY TO FLOOD LEFT 3 WEAK

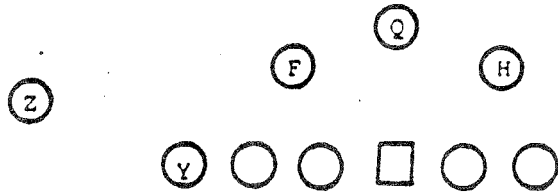
10



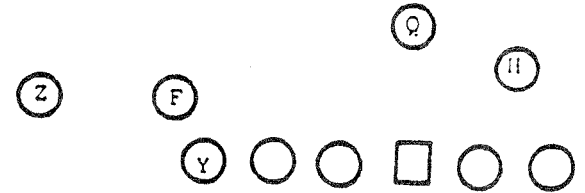
FORMATIONS

GUN SPLIT LEFT

1

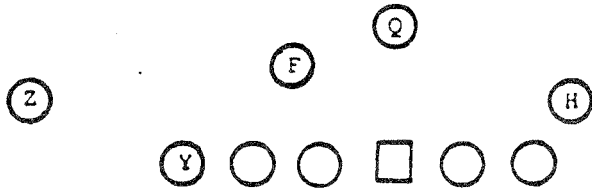


GUN FLOOD LEFT WEAK

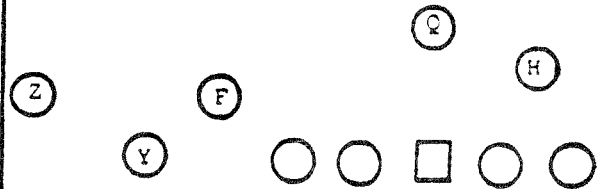


GUN DOUBLE WING LEFT STRONG

3

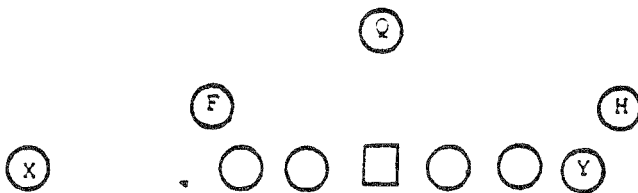


GUN FLOOD LEFT FLEX WEAK

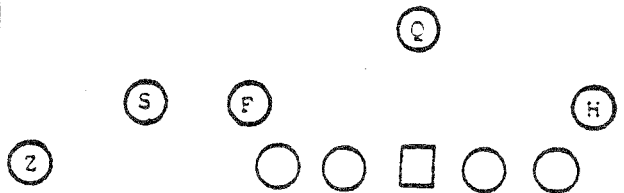


GUN FLOOD RIGHT SWITCH

5

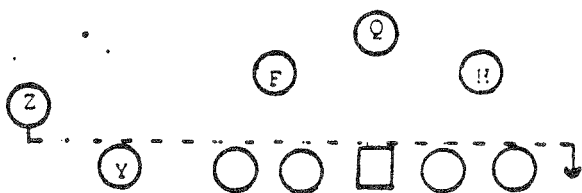


GUN LEFT 3

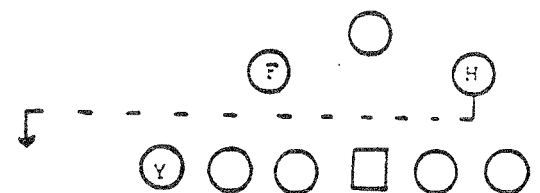


Z FLY TO GUN SPLIT LEFT SLOT WIDE

7

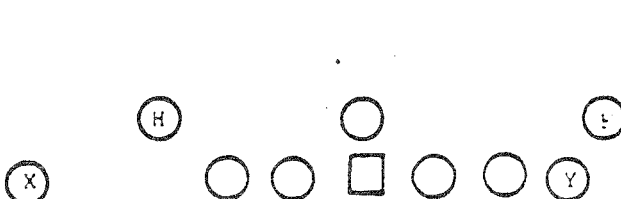


H FLY TO GUN DENVER TWIN RIGHT

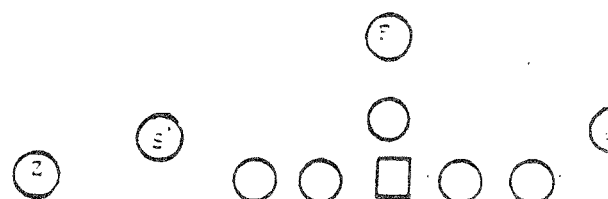


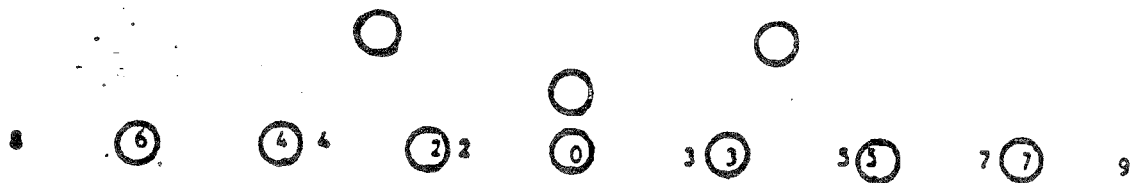
EMPTY RIGHT

9



4 WIDES





1. O hole directly over center when he can take man either way.
2. All other holes: even to the left and odd to the right as in diagram above.

NUMBERING BACKS

QB (single digit 0-9)

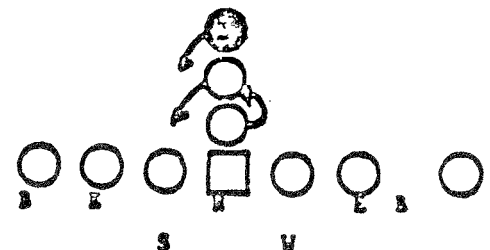
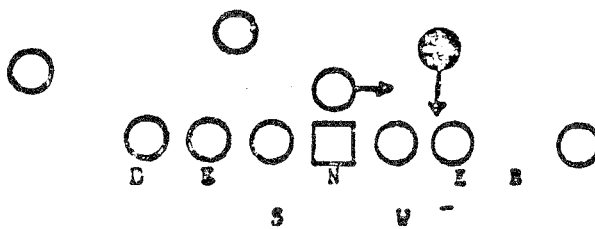
HB
20 On
30 Cross

FB
(Teen)

FB
20 On
30 Cross

I Formation
Tail Back
30 Series

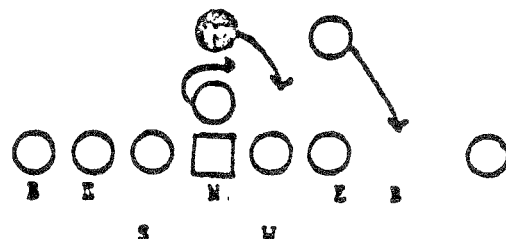
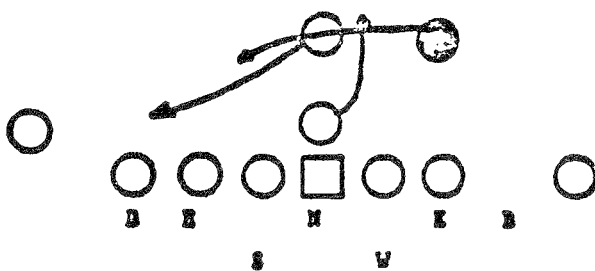
1



SPLIT D-25

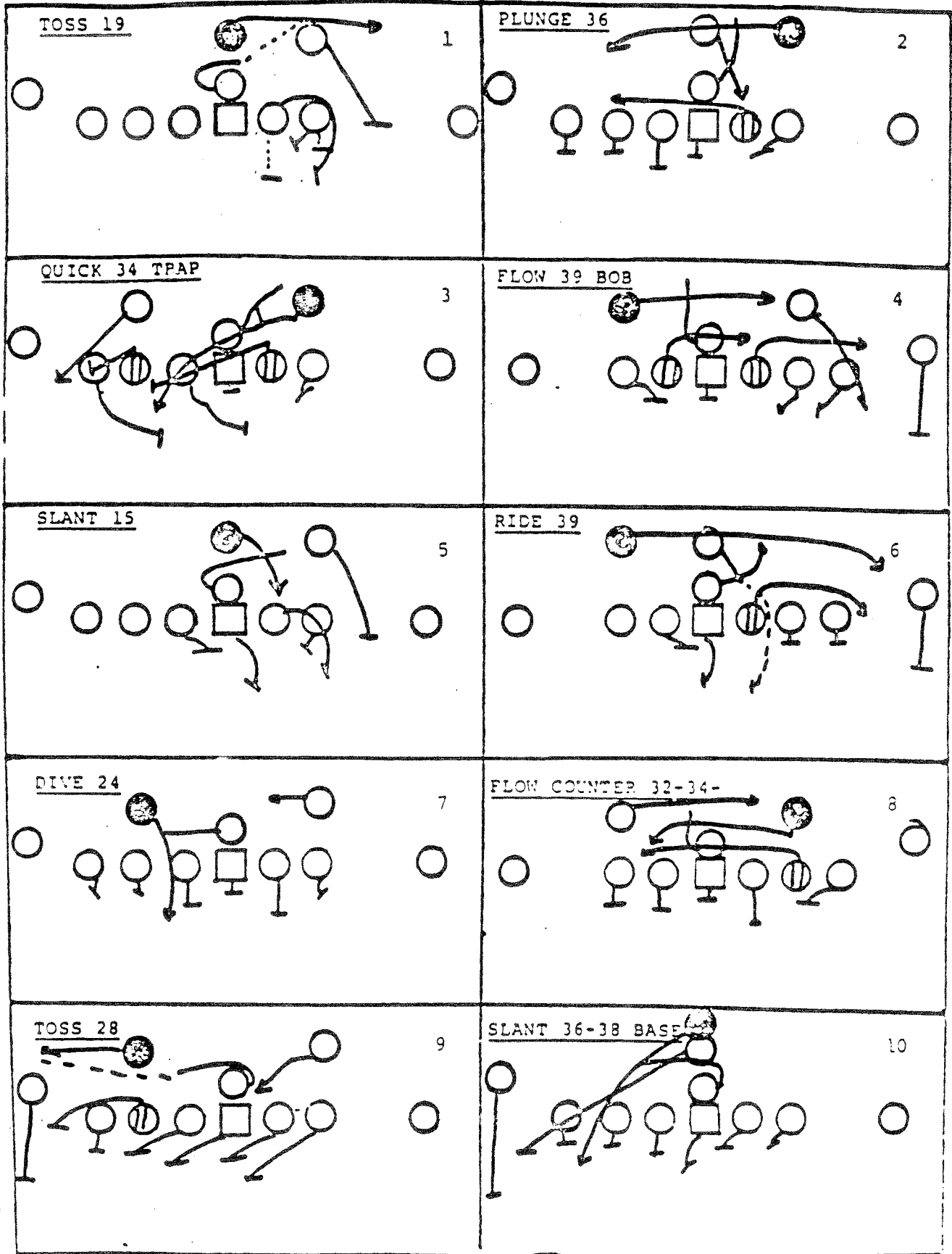
I-SL 34

3

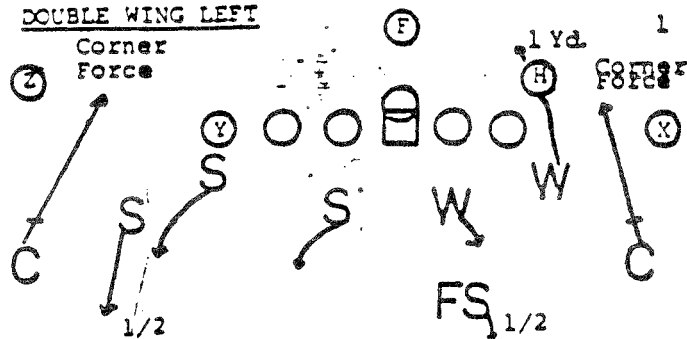
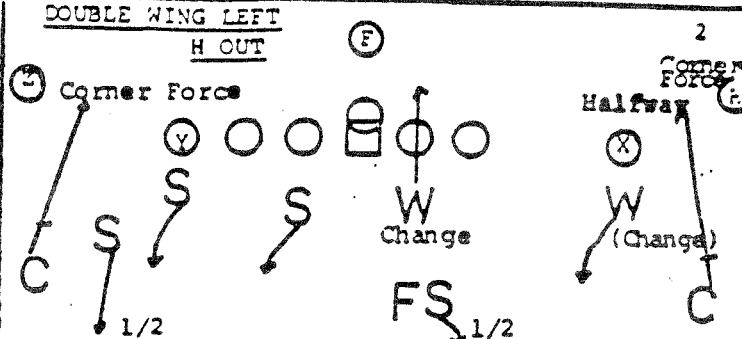
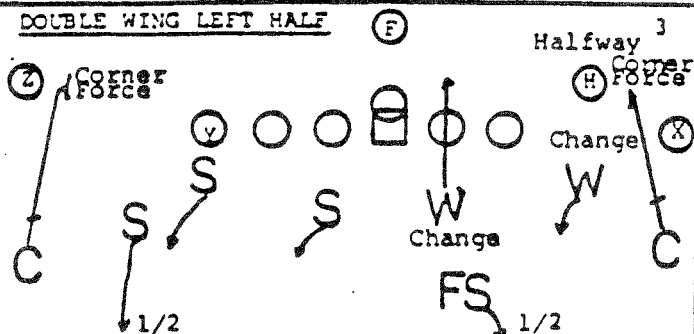
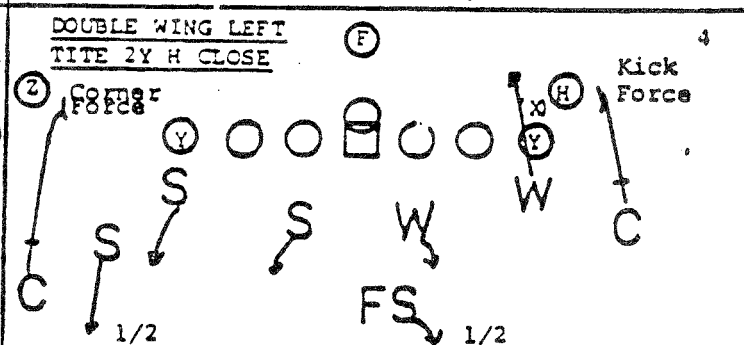
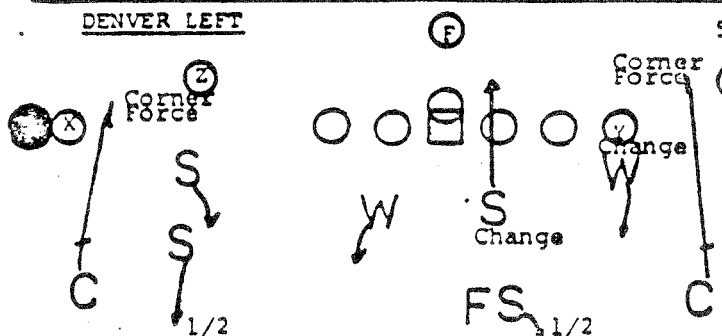
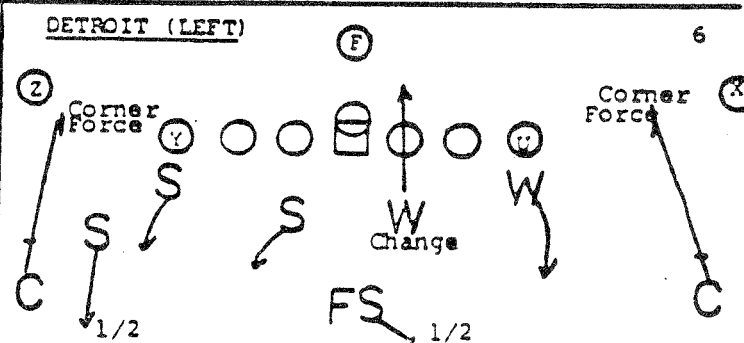
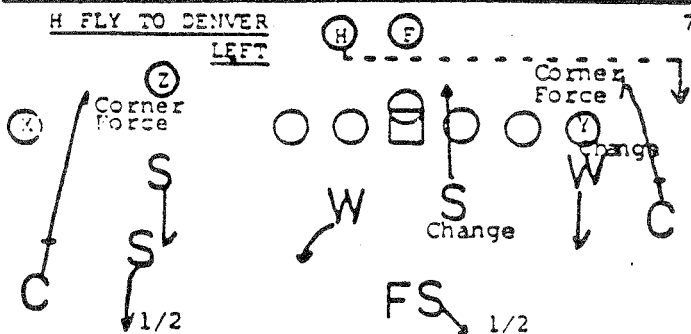
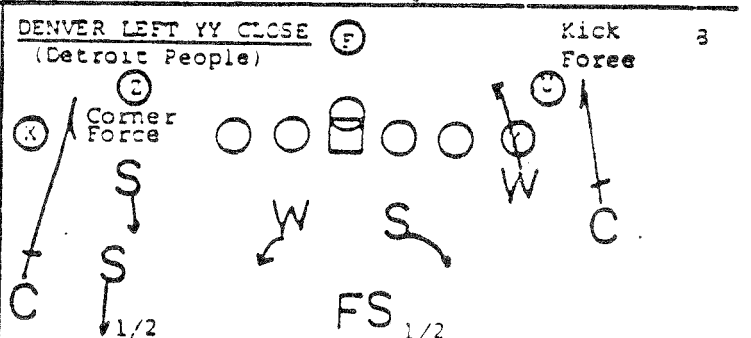
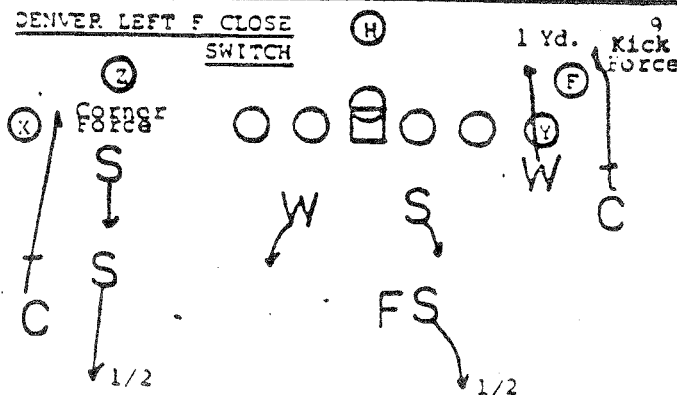


WING F-36

WING SL 19

BACKFIELD SERIES

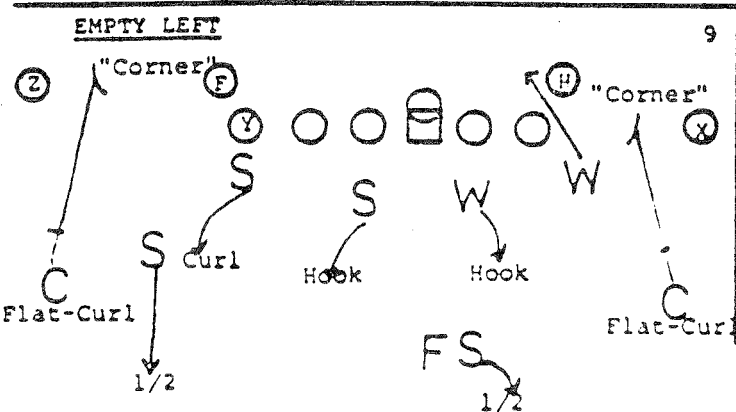
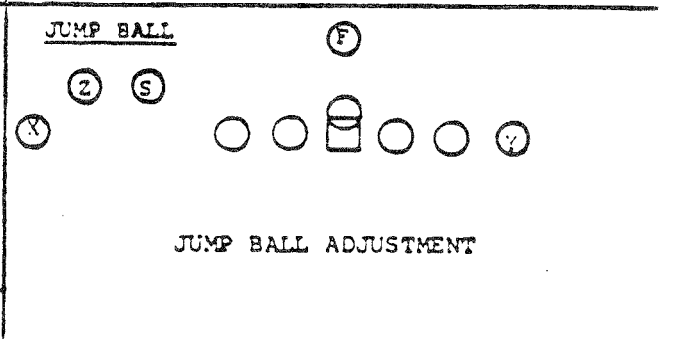
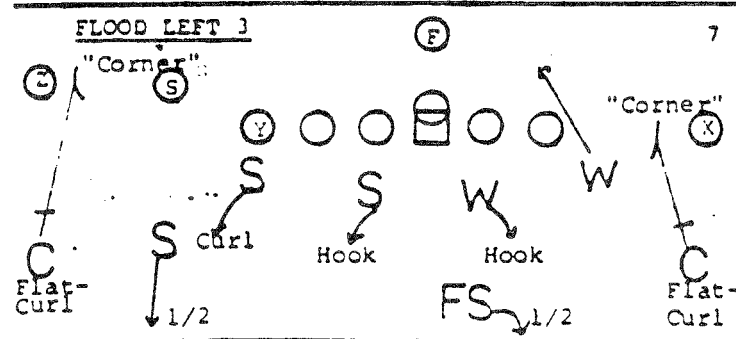
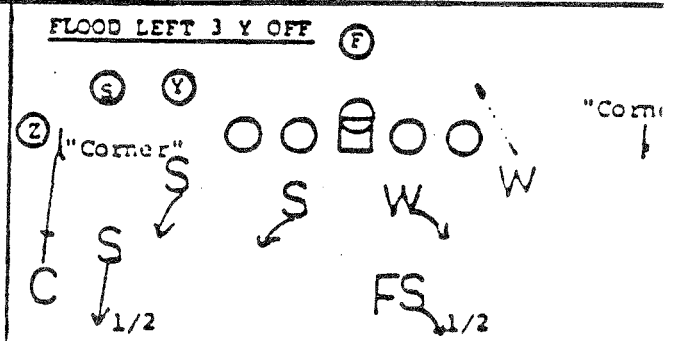
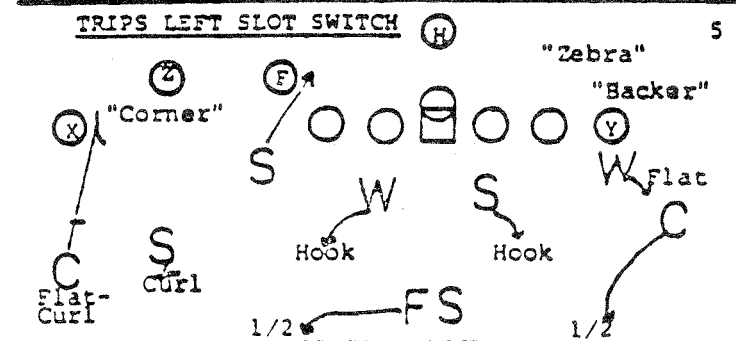
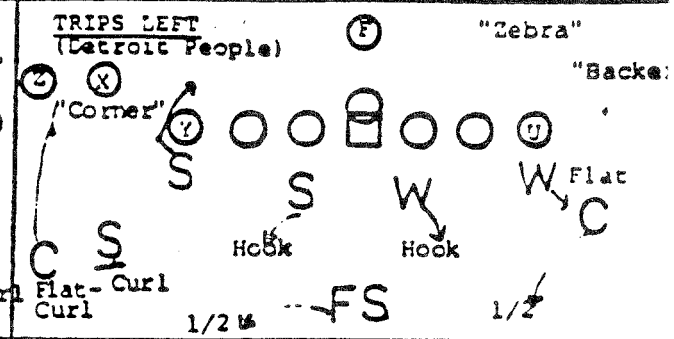
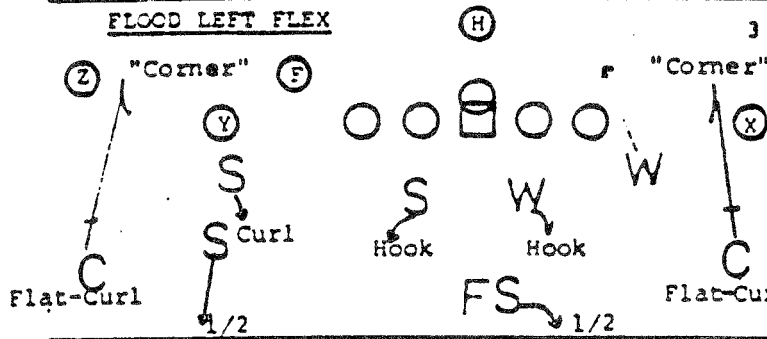
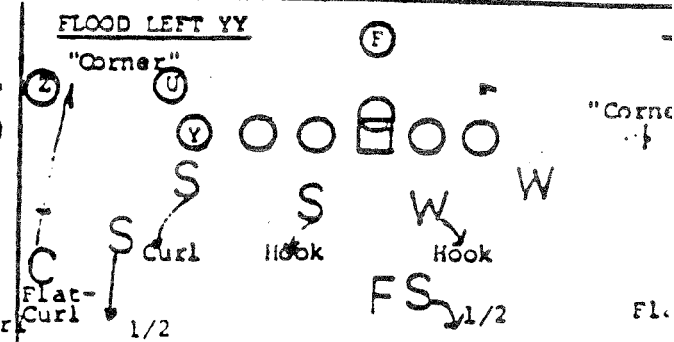
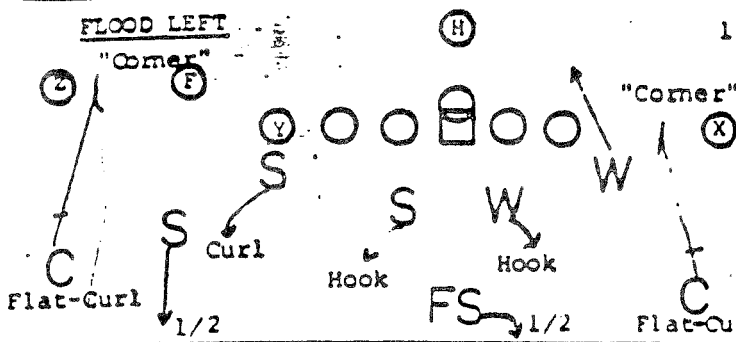
KINDS OF 1 BACK OFFENSES WE FACE

DOUBLE WING LEFTDOUBLE WING LEFTDOUBLE WING LEFT HALFDOUBLE WING LEFT
TITE 2Y H CLOSEDENVER LEFTDETROIT (LEFT)H FLY TO DENVER
LEFTDENVER LEFT VY CLOSE
(Detroit People)DENVER LEFT F CLOSE
SWITCH

There is an ever increasing use of 1 Back offense in NFL - Here are forms of Double Wing formations and some coverage adjustments we make Vs. them.

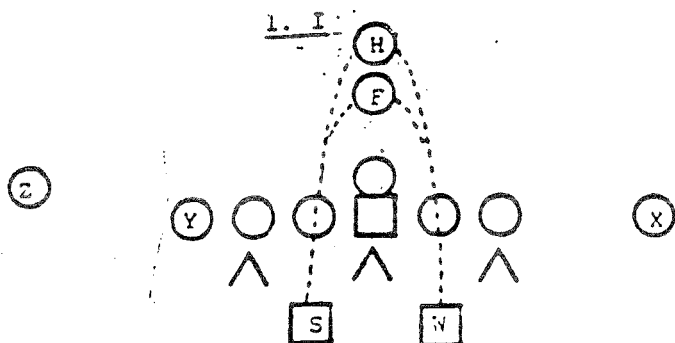
Cover

KINDS OF 1 BACK OFFENSES WZ PACE



There is an ever increasing use of 1 Bac Offense in the NFL - Here are types of Flood Formations and some coverage adju we make Vs. them.

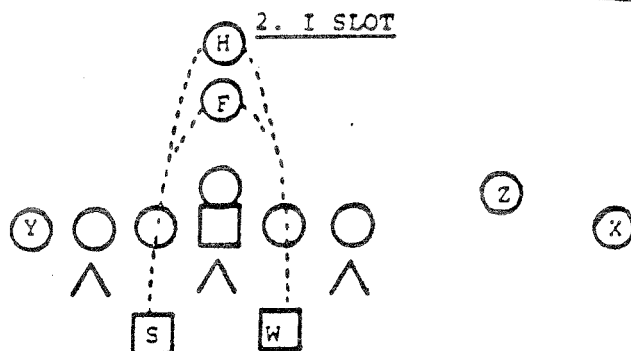
Cover

INSIDE LINEBACKER KEYS1. ISAM

Primary - Thru guard
Secondary - Backs

WILL

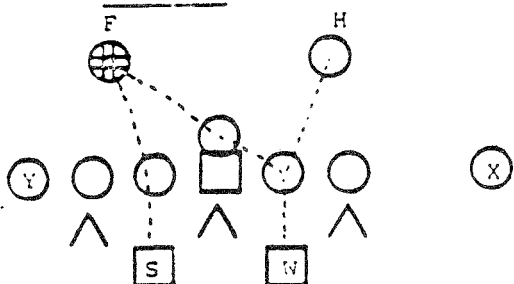
Primary - Thru guard
Secondary - Backs

2. I SLOTSAM

Primary - Thru guard
Secondary - Backs

WILL

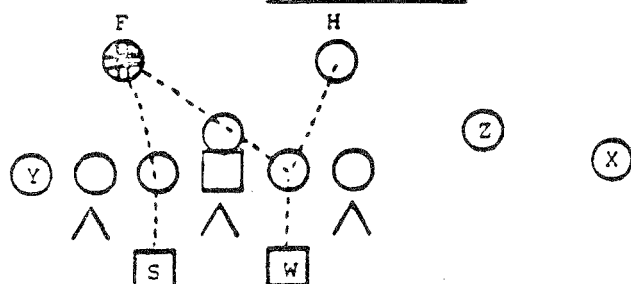
Primary - Thru guard
Secondary - Backs

3. SPLITSAM

Primary - Thru guard
to Near Back (F)
Secondary - Far Back

WILL

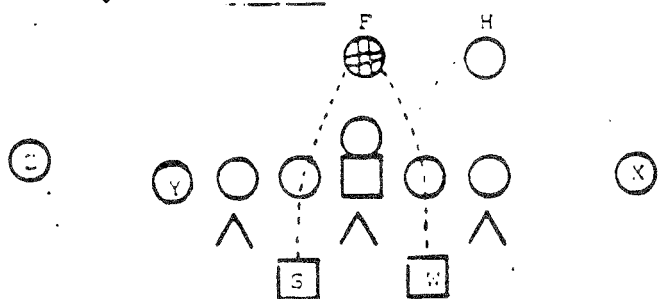
Primary - Thru guard
to Far Back (F)
Secondary - Near Back
C.P. - Favor Near Back
on M/M coverage

4. SPLIT SLOTSAM

Primary - Thru guard
to Near Back (F)
Secondary - Far Back

WILL

Primary - Thru guard
to Far Back (F)
Secondary - Near Back
C.P. - Favor Near Back
on M/M coverage

5. WINGSAM

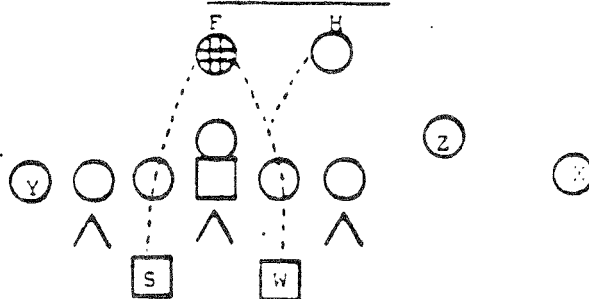
Primary - Thru guard
to Near Back (F)

Secondary - Far Back (H)

WILL

Primary - Thru guard
to Fullback

Secondary - Near Back
(H)

6. WING SLOTSAM

Primary - Thru guard
to Near Back (F)

Secondary - Far Back (H)

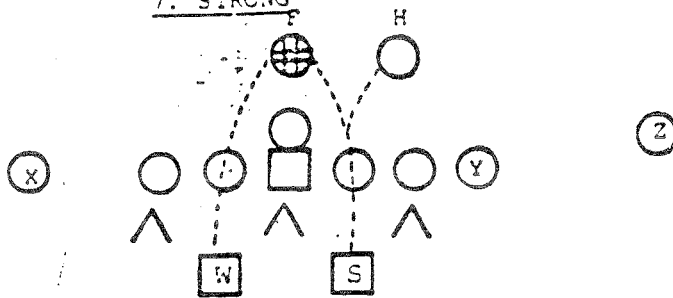
WILL

Primary - Thru guard
to Fullback

Secondary - Near Back

INSIDE LINEBACKER KEYS

7. STRONG



WILL

Primary - Thru guard to Near Back

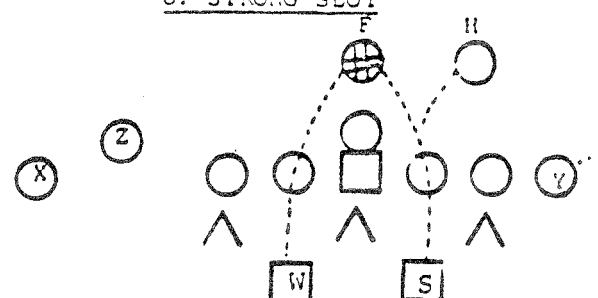
Secondary - Far Back (H)

SAM

Primary - Thru guard to fullback

Secondary - Near Back (H)

8. STRONG SLOT



WILL

Primary - Thru guard to Near Back

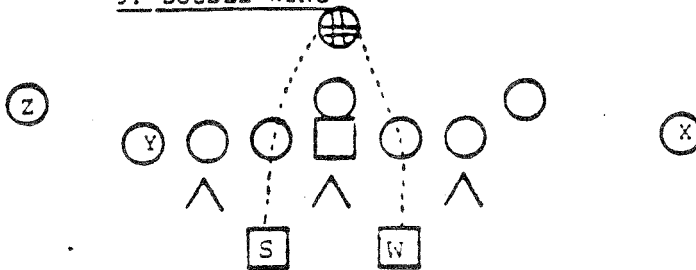
Secondary - Far Back (H)

SAM

Primary - Thru to fullback

Secondary - Near Back (H)

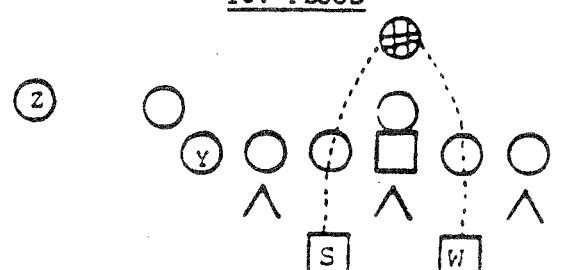
9. DOUBLE WING



SAM & WILL

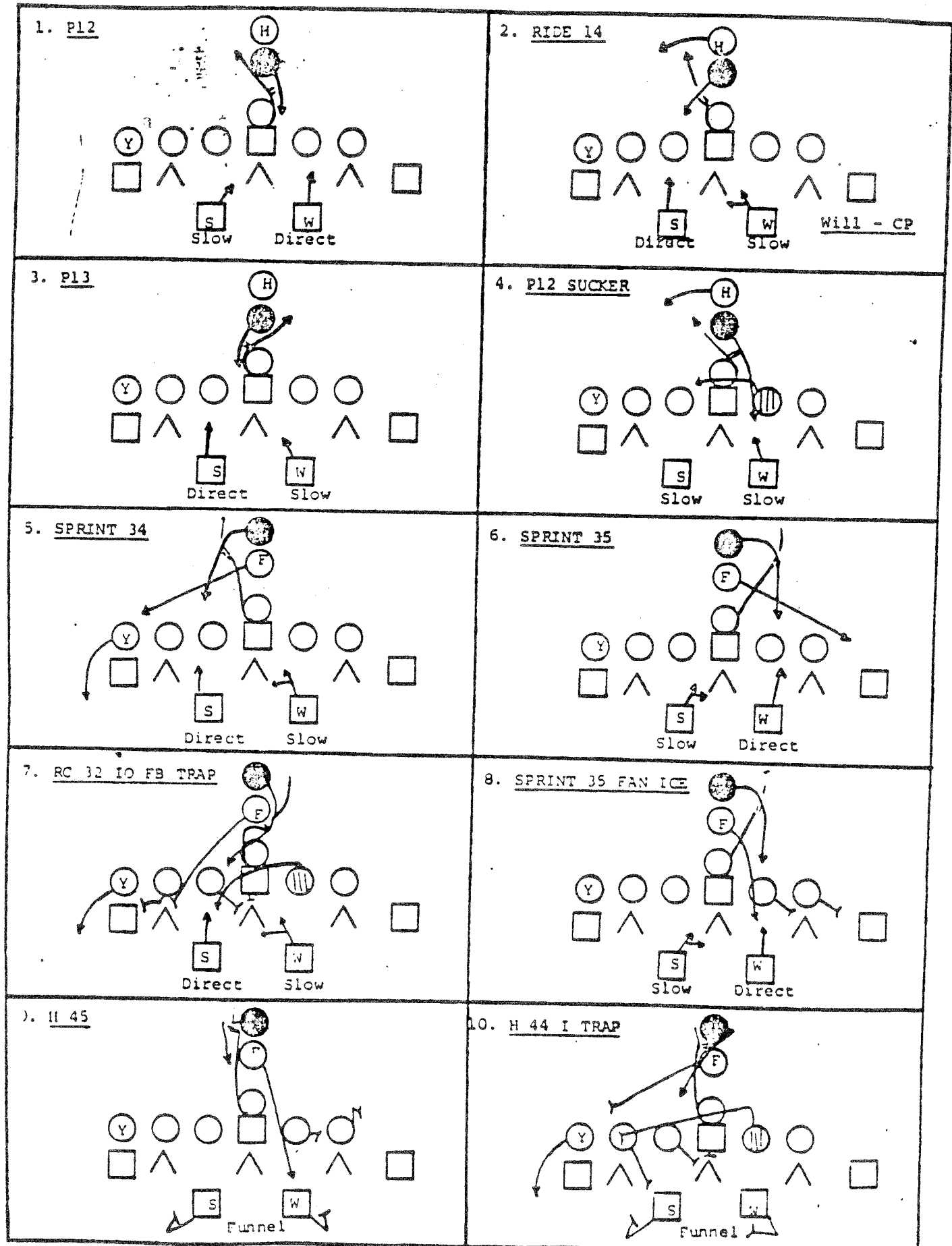
Thru guard to remaining back

10. FLOOD

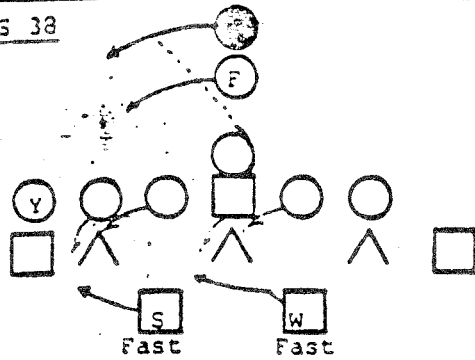


SAM & WILL

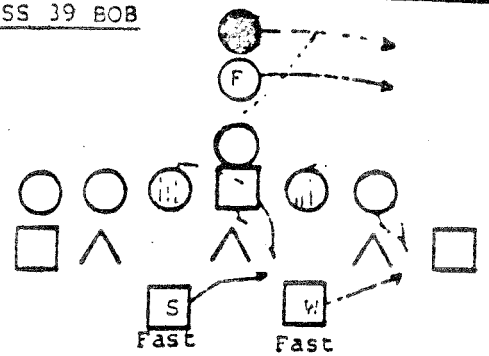
Thru guard to remaining back



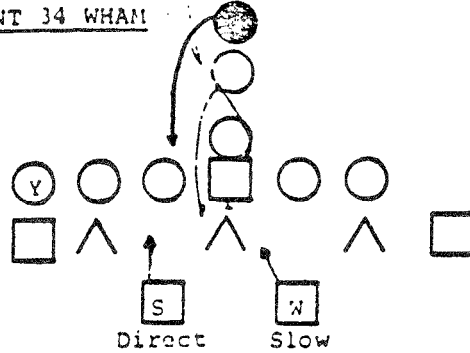
11. TOSS 38



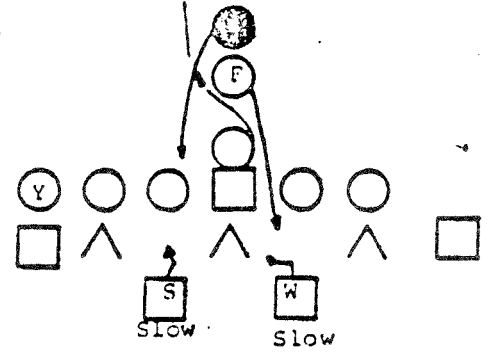
12. TOSS 39 BOB



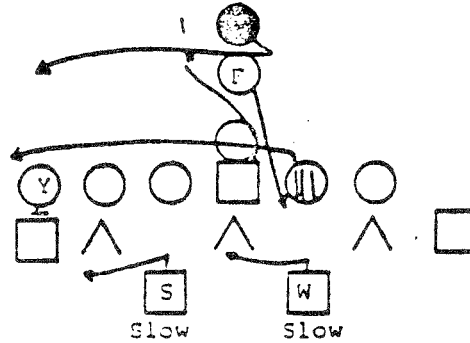
13. SLANT 34 WHAM



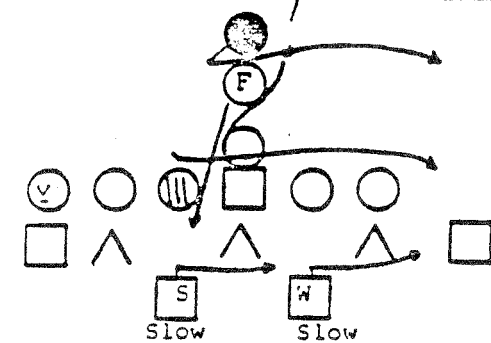
14. P34



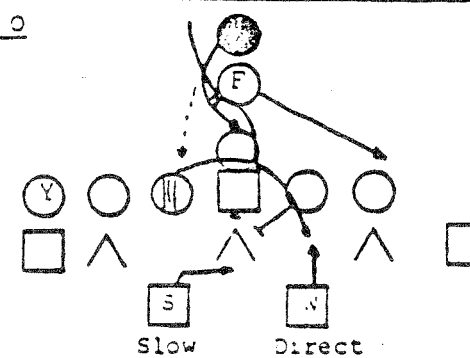
15. P38



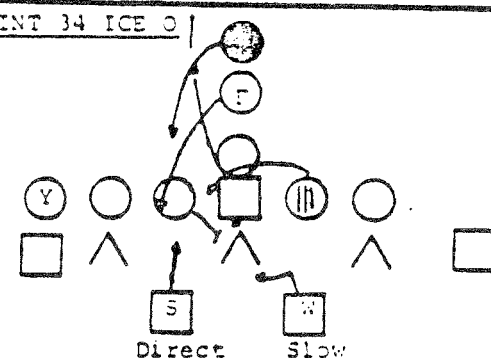
16. P39



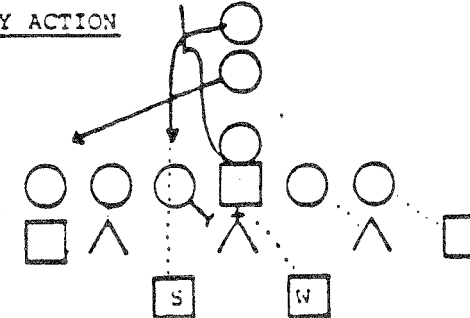
17. P35 O



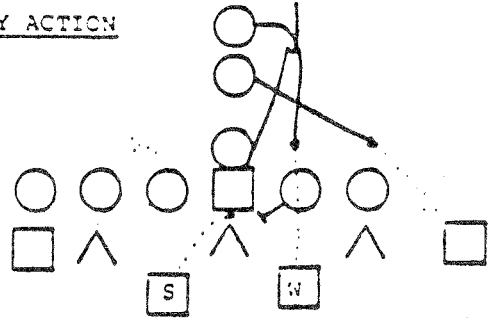
18. SPRINT 34 ICE O



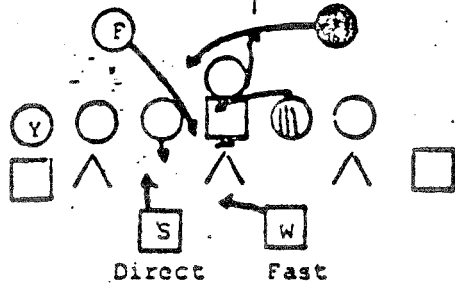
19. PLAY ACTION



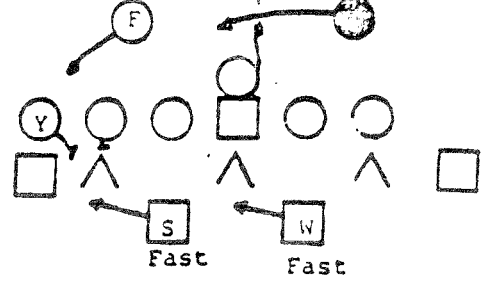
20. PLAY ACTION



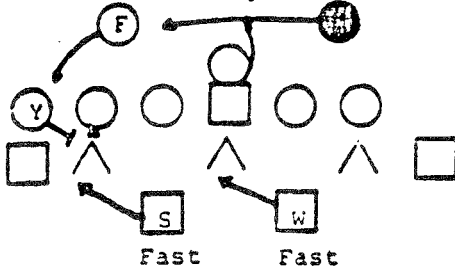
11. FLOW 34 WHAM (O)



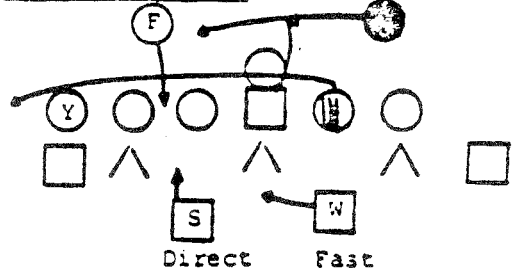
12. FLOW 36



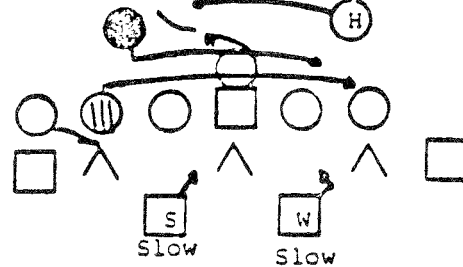
13. FLOW 38



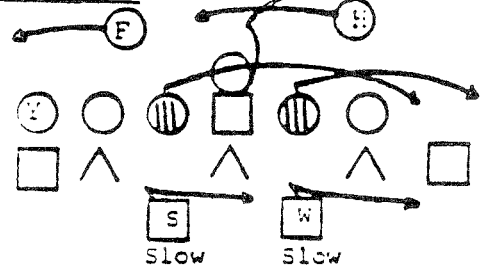
14. FLOW 36 WHAM (O)



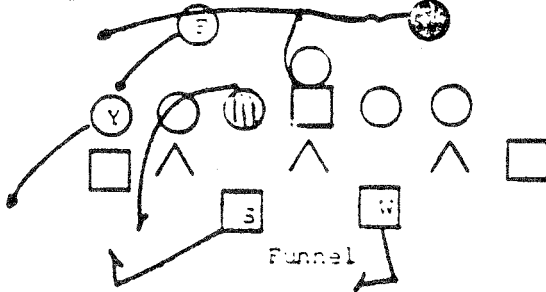
15. FLOW COUNTER 35



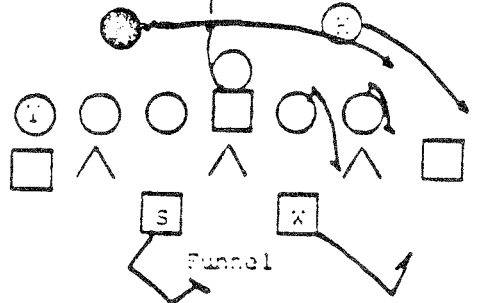
16. FLOW 36 BOOT



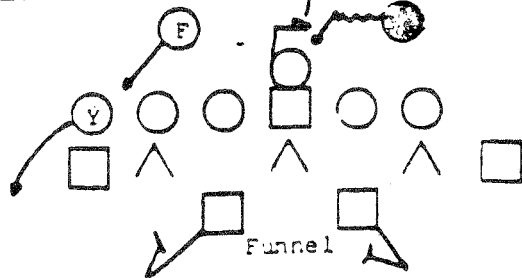
17. H 48



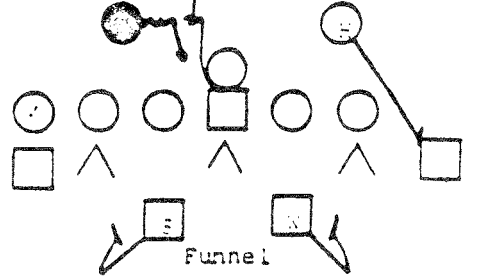
18. 49

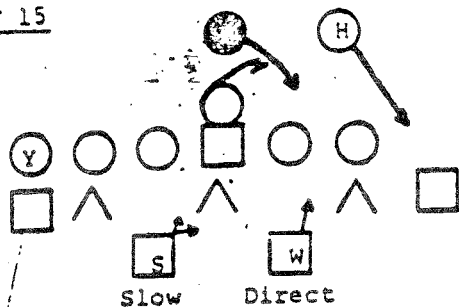
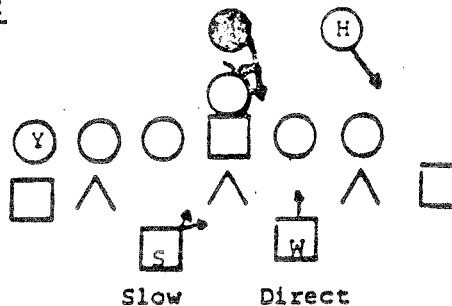
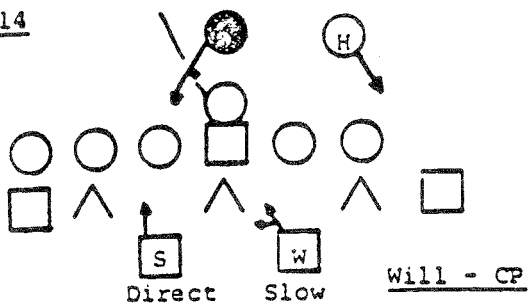
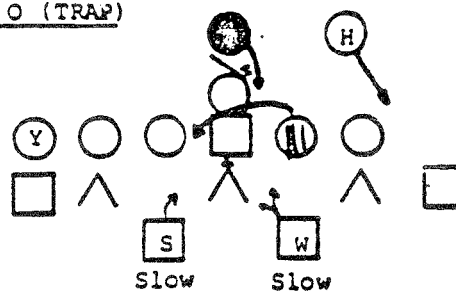
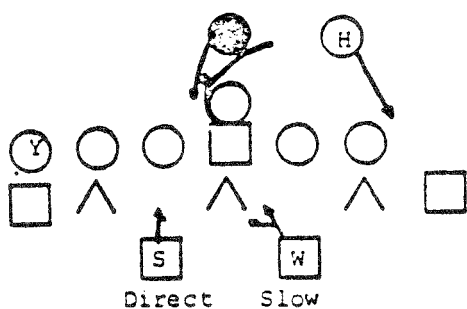
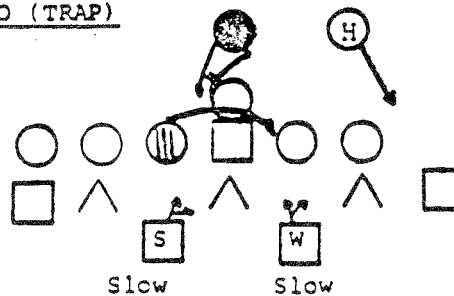
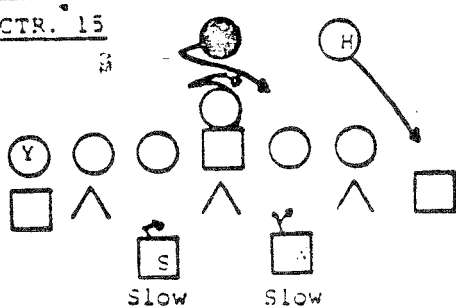
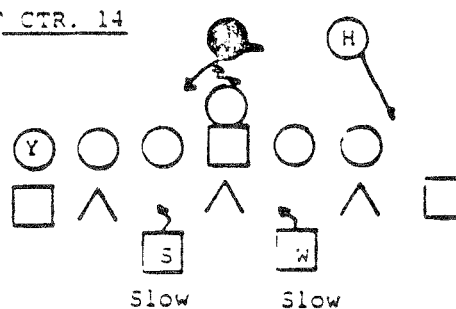
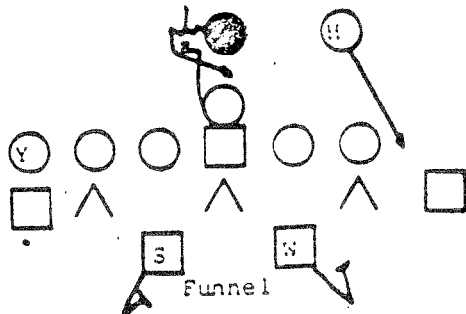
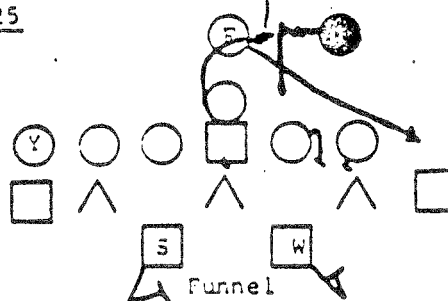


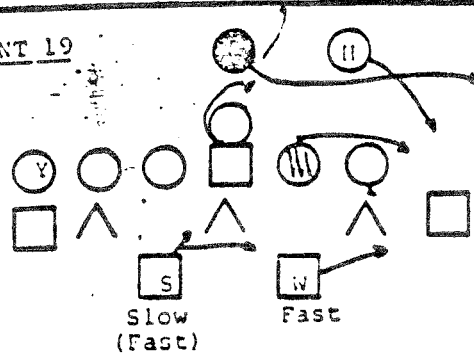
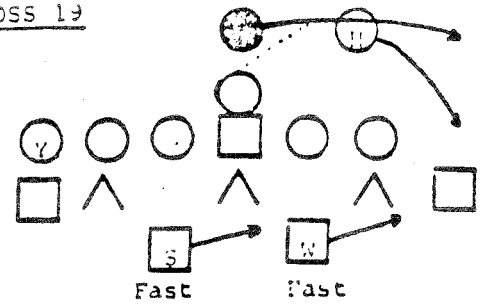
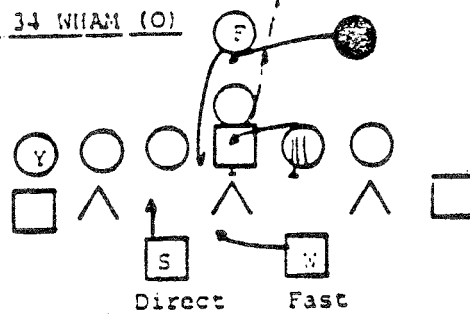
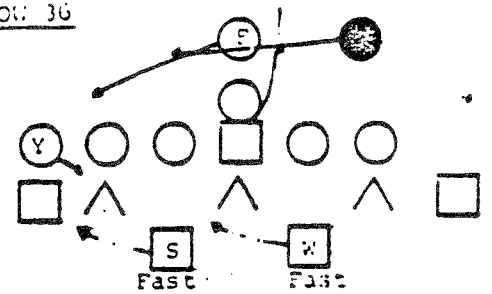
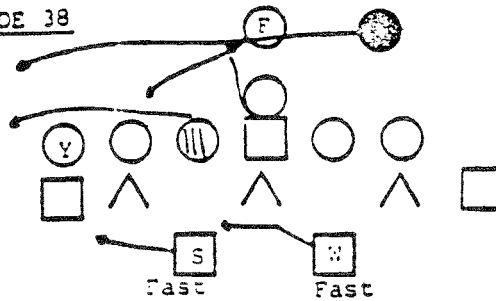
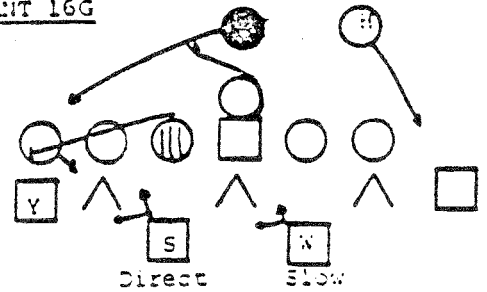
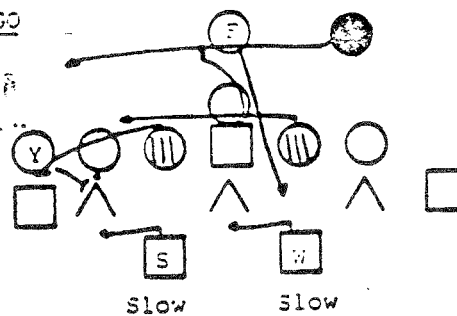
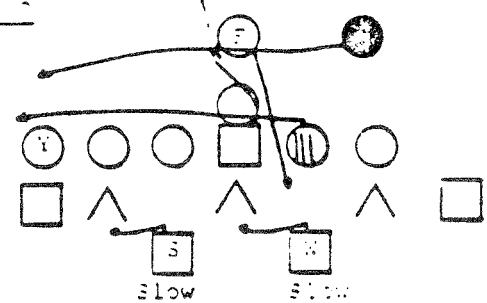
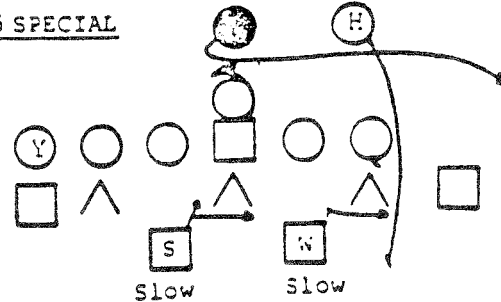
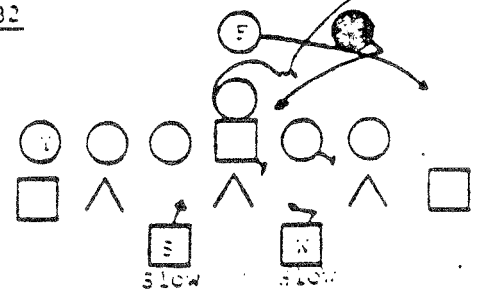
19 H 44

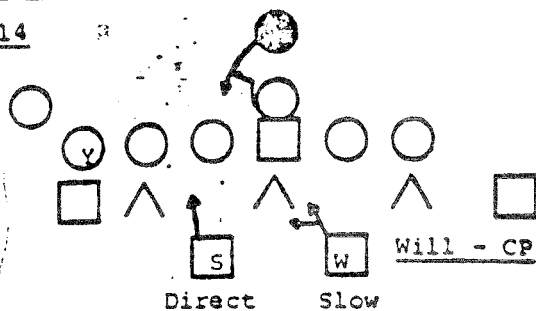
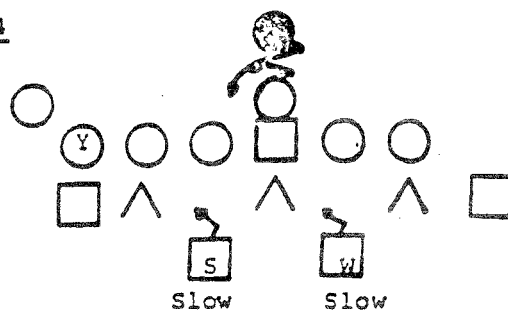
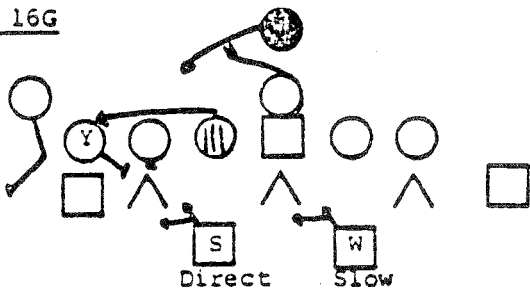
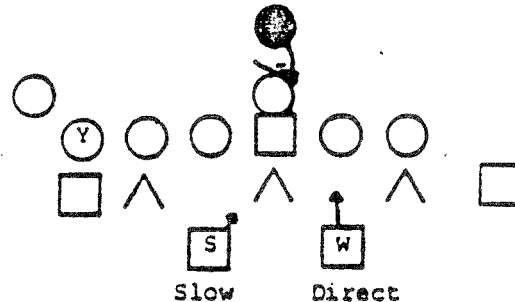
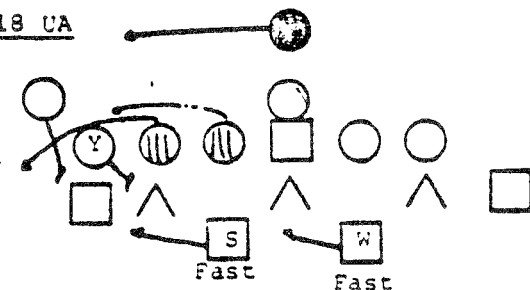
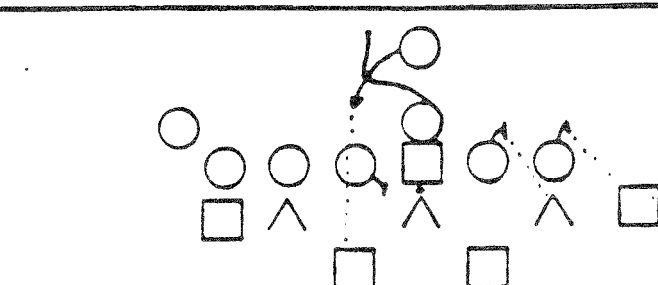
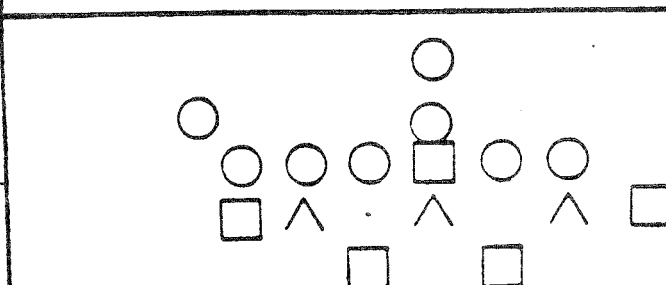
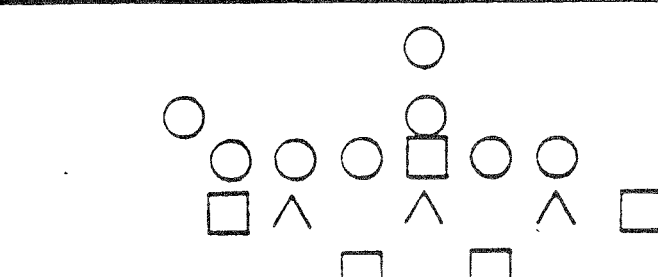
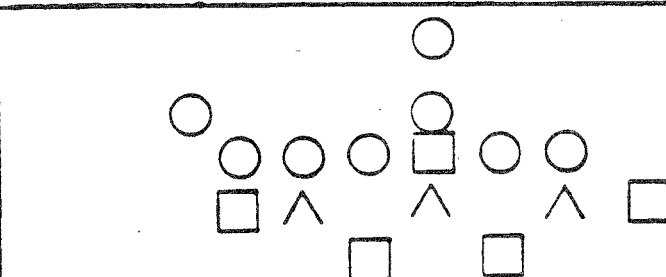
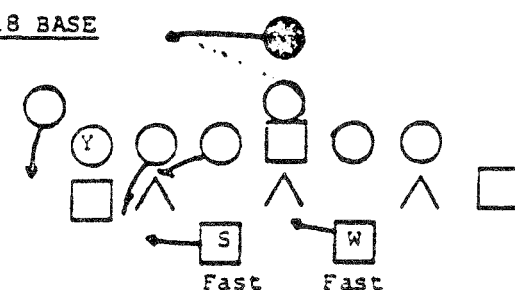


20. 45



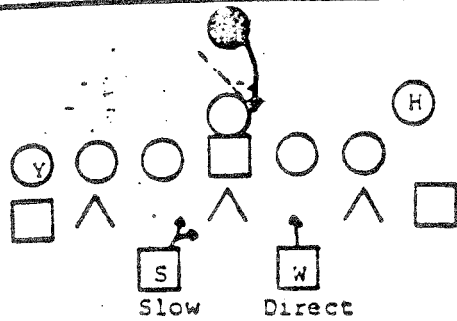
1. SLANT 152. P123. RIDE 144. P12 O (TRAP)5. P136. P13 O (TRAP)7. SLANT CTR. 158. SLANT CTR. 149. 4510. LAG 25

11. SLANT 1912. TOSS 1913. FLOW 34 WHAM (O)14. FLOW 3615. RIDE 3816. SLANT 16G17. P36 GO18. P3519. SC 15 SPECIAL20. SC 32

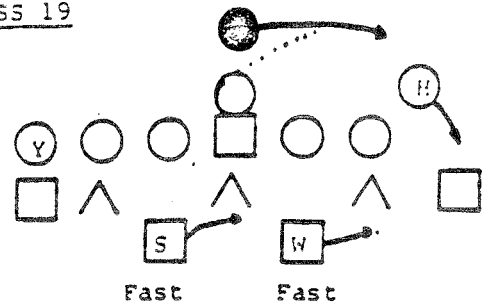
1. RIDE 142. SC 143. SLANT 16G4. P125. TOSS 18 UA6. TOSS 18 BASE

ILB Reads - Double Wing (Detroit)

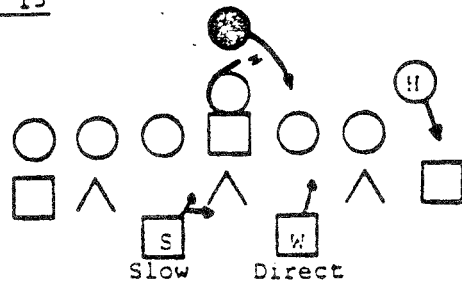
1. P12



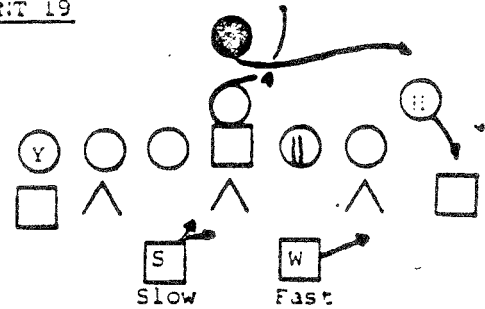
2. TOSS 19



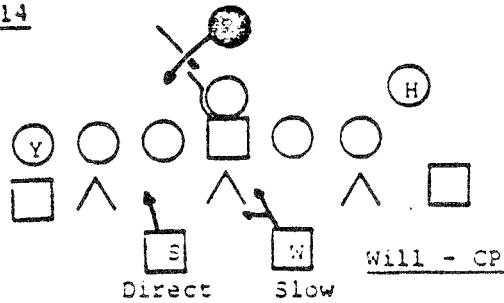
3. SLANT 15



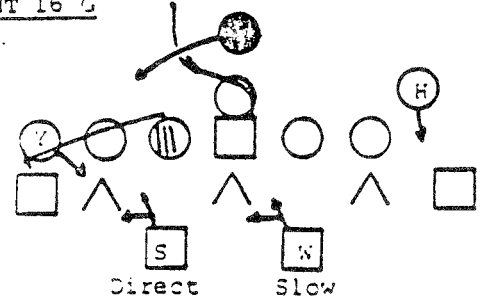
4. SLANT 19



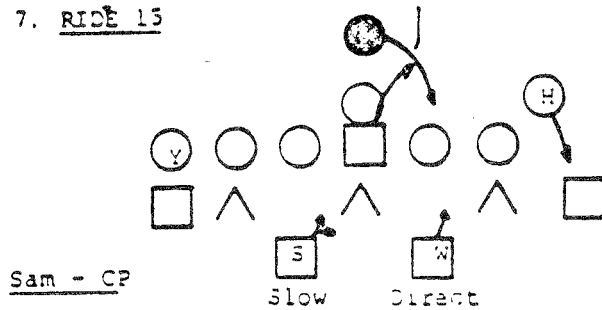
5. RIDE 14



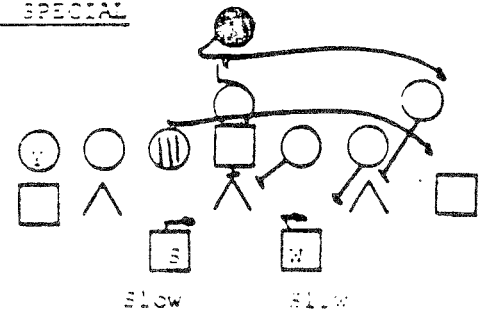
6. SLANT 16 G



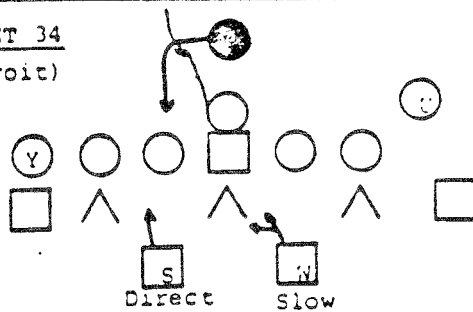
7. RIDE 15



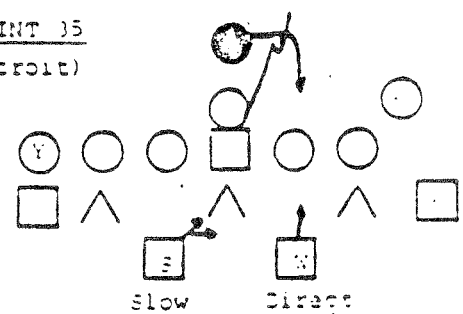
8. SC 15 SPECIAL



9. SPRINT 34
(Detroit)



10. SPRINT 35
(Detroit)



LINEBACKER STUNTS AND GAMES

Run Stunts with End

Rip

Ram

Slam

Stuff

Run Stunts with Nose

Lucky/Ringo

Bandit

Pass Stunts

Loop

X

Scrape

Bullit

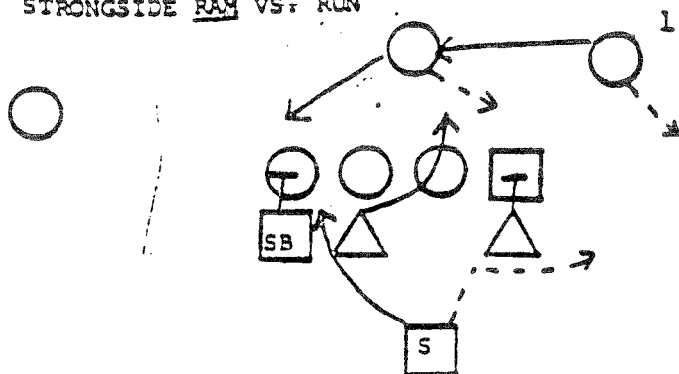
Sammie

Willie

Sink It

RAM (CALL BY ILB)

STRONGSIDE RAM VS. RUN



CP - In order to have Ram call OLB to call side must be off (Blue-Red, etc.)

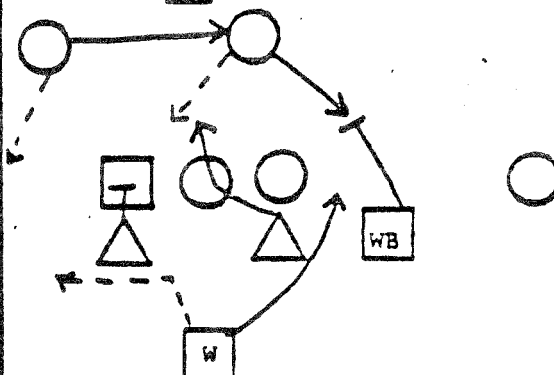
OLB - Normal 6 or 9 Technique.

END - Rip Technique.

SAM - Same as Rip.

NOSE - O Technique.

WEAKSIDE RAM VS. RUN



CP - In order to have Ram call OLB to call side must be off (Blue-Red, etc.)

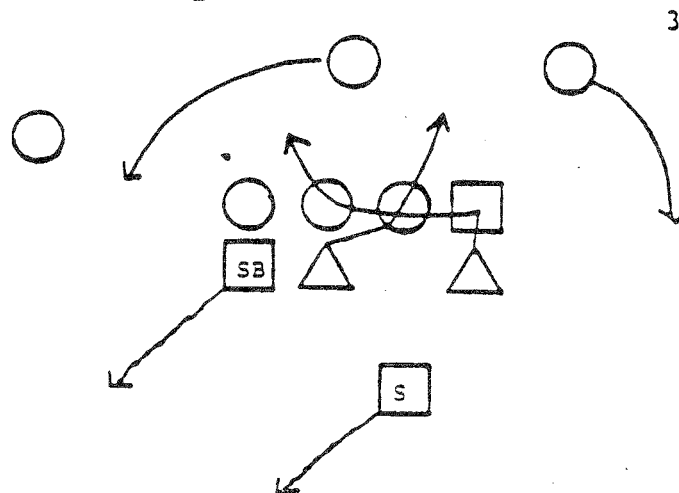
OLB - 9 Technique. (Force)

END - Rip Technique.

WILL - Same as Rip.

NOSE - O Technique.

STRONGSIDE RAM VS. PASS



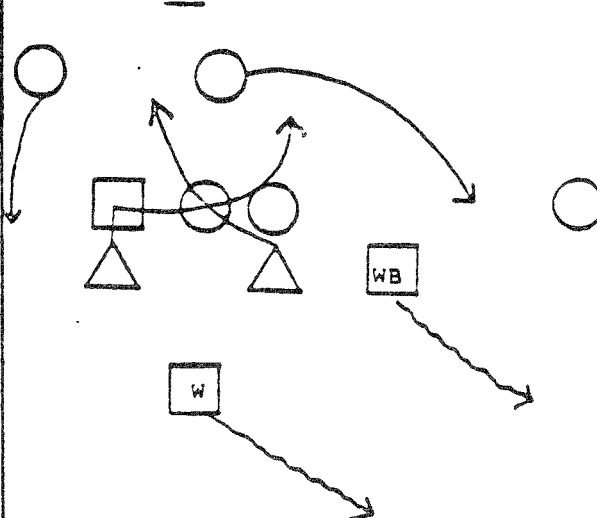
OLB - Coverage called.

END - Rip Technique.

SAM - Coverage called.

NOSE - Engage and contain rush strongside. Automatic You game.

WEAKSIDE RAM VS. PASS



OLB - Coverage called.

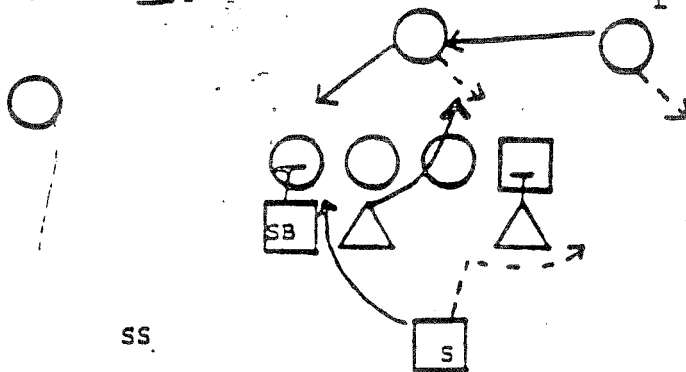
END - Rip Technique.

WILL - Coverage called.

NOSE - Engage and contain rush weakside. Automatic You game.

STRONG RIP VS. RUN

1

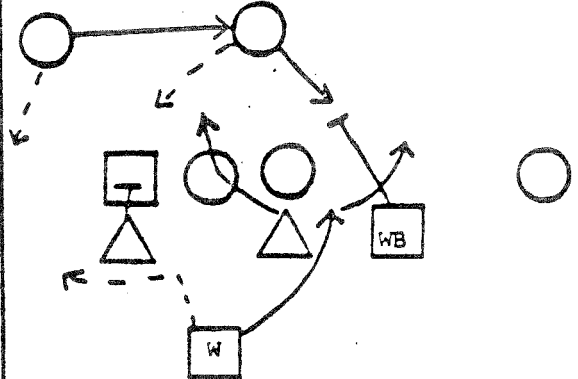


SS

- CP - In order to have Rip call OLB on the call side must be on and coming (green).
- OLB - Normal 6 Technique, cutback.
- END - Rip Technique.
- SAM - No direct read - Scrape on Flow to you, normal on Flow away - Slow read Fan block.

WEAK RIP VS. RUN

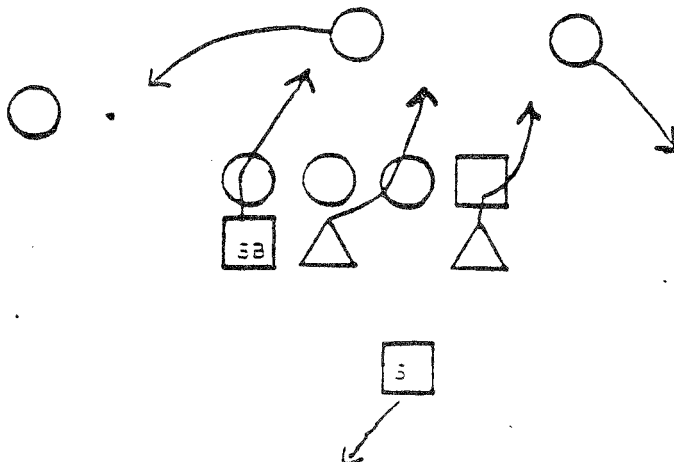
2



- CP - In order to have a Rip call OLB call side must be on and coming (green).
- OLB - Normal 6 Technique open side, cut
- END - Rip Technique.
- WILL - No direct read - Scrape on Flow normal on Flow away - Slow read Block.

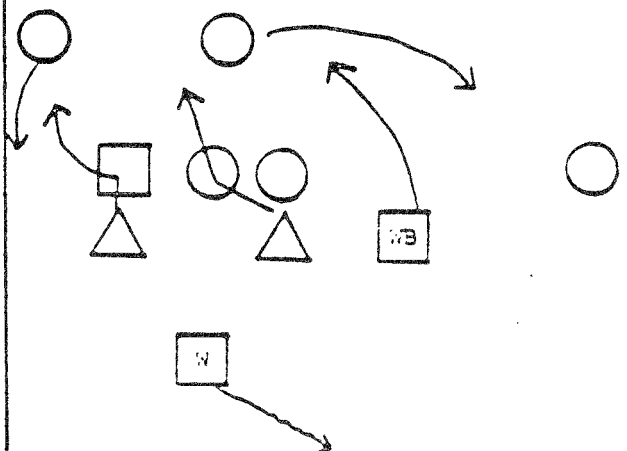
STRONG RIP VS. PASS

3



- OLB - Contain - Rush
- END - Rip Technique - Rush across Fan Block.
- SAM - Coverage called.

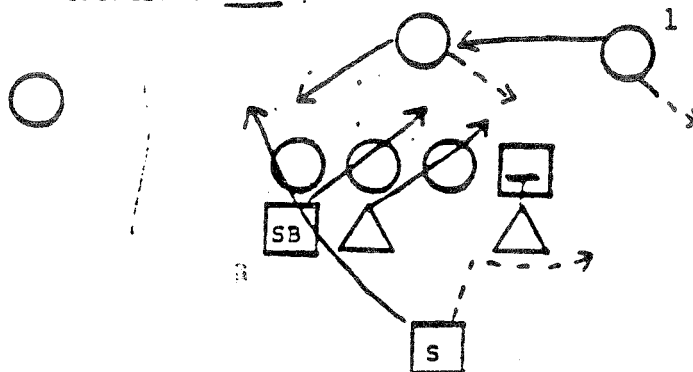
WEAK RIP VS. PASS



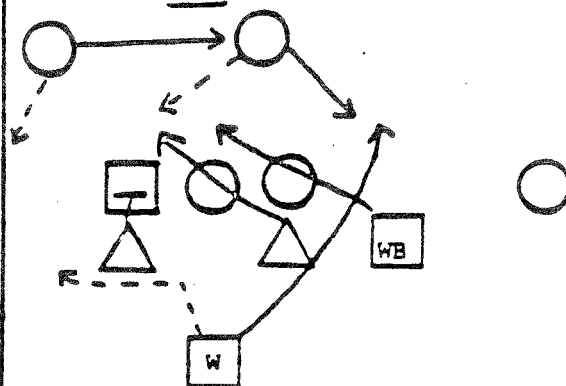
- OLB - Contain Push
- END - Rip Technique - Rush across Fan
- WILL - Coverage called.

SLAM (CALL BY ILB)

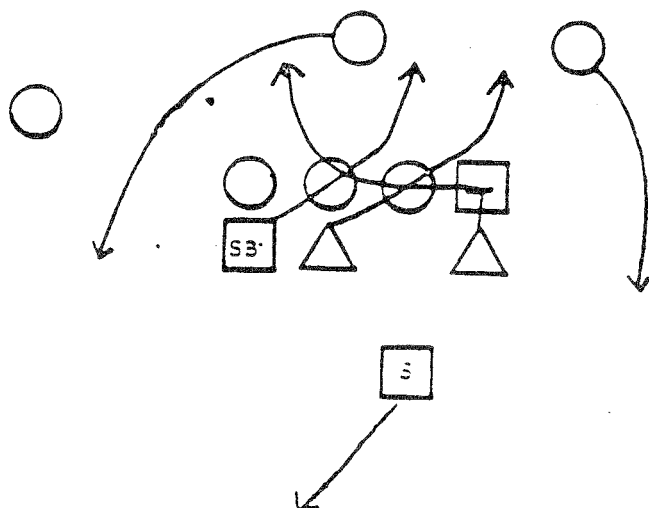
(Run Stunt)

STRONGSIDE SLAM VS. RUN

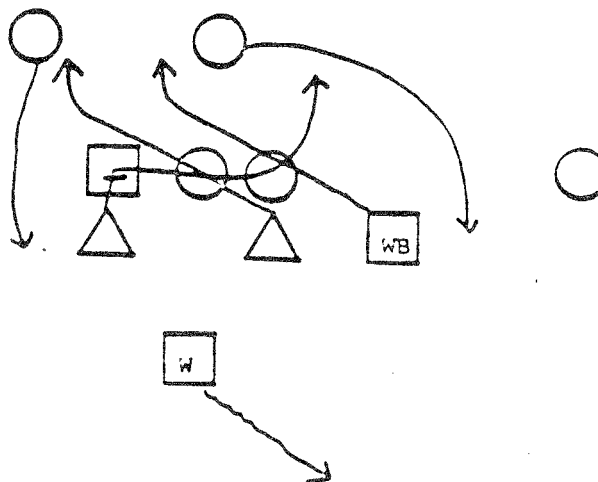
- CP - In order to have a Slam call OLB must be on and coming (green) call side.
- OLB - Line up in 6 - Penetrate C gap working to B gap.
- END - Rip Technique - Aim for guards hip-Work across Gut or Fan block.
- SAM - No direct read - Read fast on Flow to, normal on Flow away.
- NOSE - "O" Technique

WEAKSIDE SLAM VS. RUN

- CP - In order to have a Slam call OLB must be on and coming (green) call side.
- OLB - Same as Slam Strong.
- END - Same as Slam Strong
- WILL - No direct read - Read fast on Flow to, normal on Flow away.
- NOSE - "O" Technique.

STRONGSIDE SLAM VS. PASS

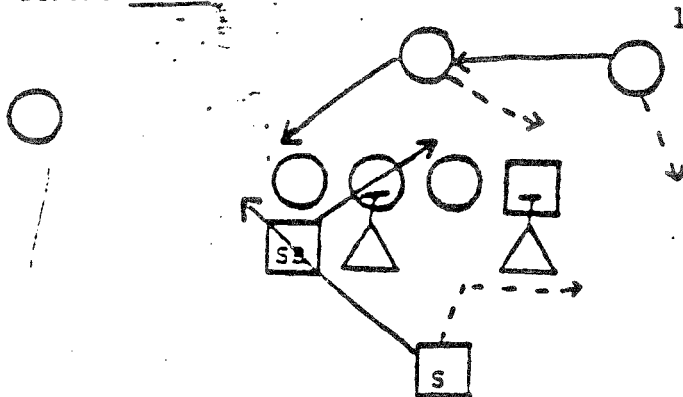
- OLB - Inside rusher strongside - Rush inside OT if he blocks on you.
- END - Rip Technique - Inside rusher weak side.
- SAM - Coverage called.
- NOSE - Engage and contain rush strong.

WEAKSIDE SLAM VS. PASS

- OLB - Inside rusher weakside - Rush inside OT if he blocks on you.
- END - Rip Technique - Inside rusher strongside
- WILL - Coverage called.
- NOSE - Engage and contain rush weakside.

STUFF (CALL BY OLB) (RUN STUNT)

STRONG STUFF Vs. RUN



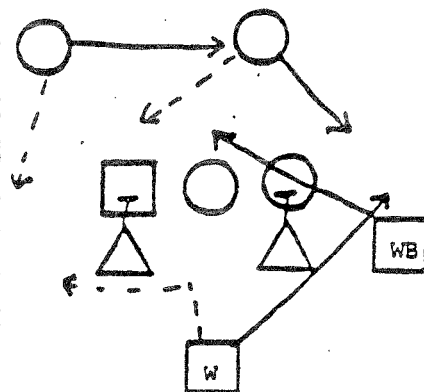
C.P. - In order to have stuff call OLB on the call side, must be on and coming (green). Will only be run with YFlex.

OLB - Same as "Slam".

END - 4 technique - Chase if cutoff block and Flow away.

SAM - Fast read on Flow to, slow play Fan block - Normal read on Flow away.

WEAK STUFF Vs. RUN



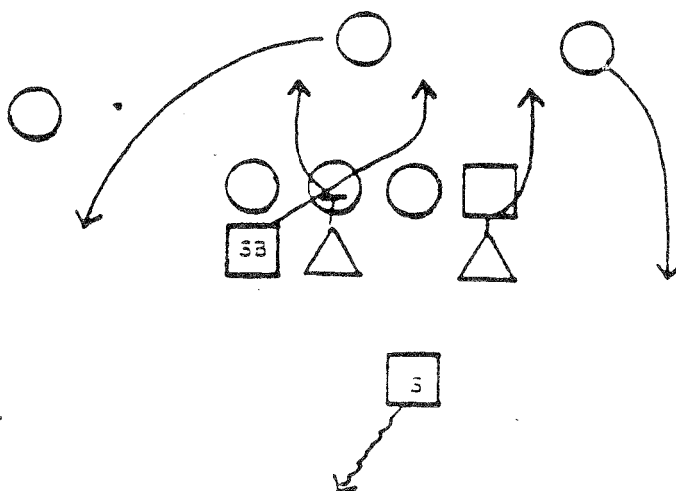
C.P. - In order to have stuff call OLB call side, must be on and coming.

OLB - Same as "Slam".

END - Same as S.E.

WILL - Same as SAM.

STRONG STUFF Vs. PASS



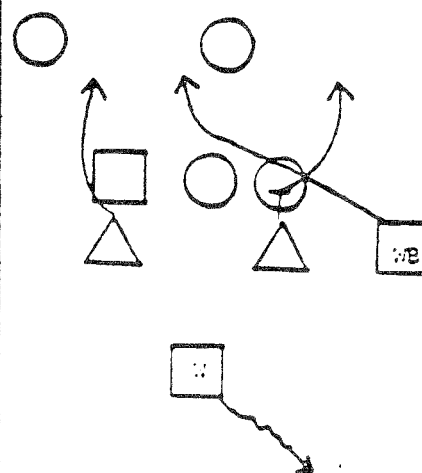
C.P. - Same as above.

OLB - Same as "Slam".

END - Contain rush.

SAM - Coverage called.

WEAK STUFF Vs. PASS



C.P. - Same as above.

OLB - Same as "Slam".

END - Contain rush.

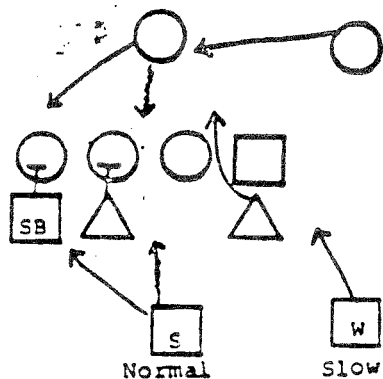
WILL - Coverage called.

(RUN STUNT)

LUCKY AND RINGO (CALL BY INSIDE LB TO NOSE TACKLE)

LUCKY (Vs. Run Strong)

1



C.P. - Lucky means Nose Tackle will slant left

END - 4 Technique

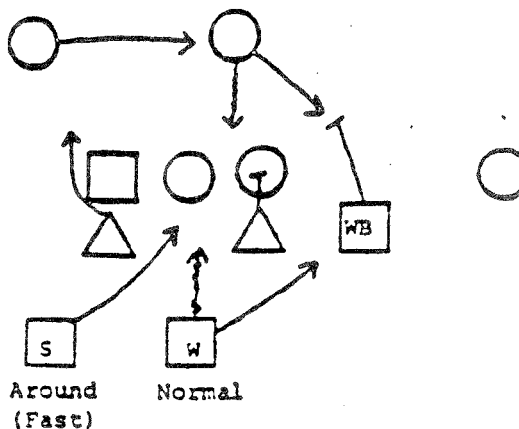
NOSE - Lucky Technique

SAM - Read Normal on Flow to you, go around Nose tackle on Flow away (Fast).

WILL - Normal on Flow to you, slow on Flow away.

LUCKY (Vs. Run Weak)

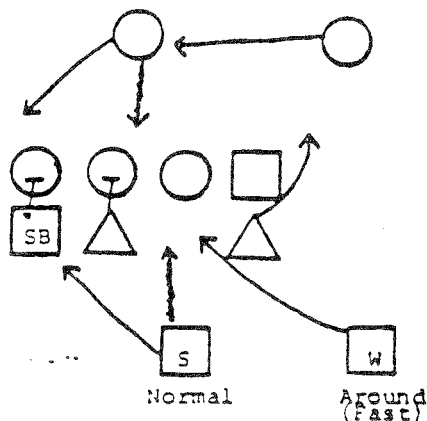
2



(This is a Run Stunt)

RINGO (Vs. Run Strong)

3



C.P. - Ringo means Nose Tackle will slant right.

END - 4 Technique

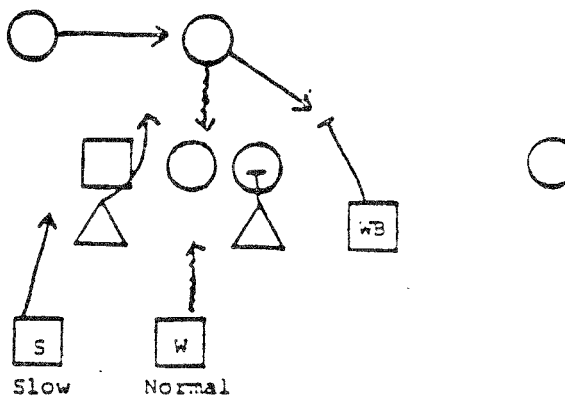
NOSE - Ringo Technique

SAM - Read normal on Flow to you, slow on Flow away.

WILL - Read normal on Flow to you, fast on Flow away around Nose.

RINGO (Vs. Run Weak)

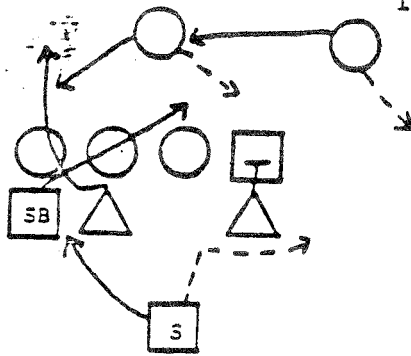
4



(This is a Run Stunt)

X (CALL MADE BY OLB)STRONG X Vs. Run

1



C.P. - In order to have an "X" OLB must be on and coming (green)

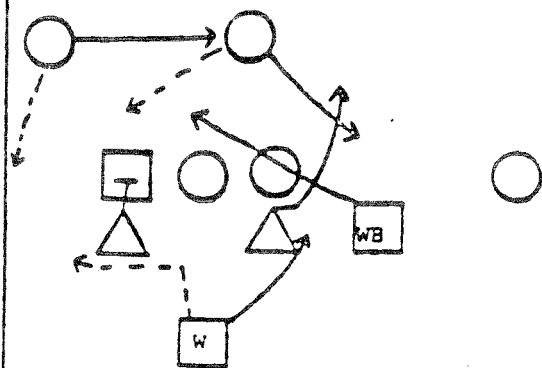
OLB - Same as "Slam"

END - Lateral step with outside foot, let OLB clear - Work upfield - You are Contain - Chase on plays away

SAM - Same as "Rip"

WEAK X Vs. Run

2



C.P. - In order to have an "X" OLB must be on and coming (green)

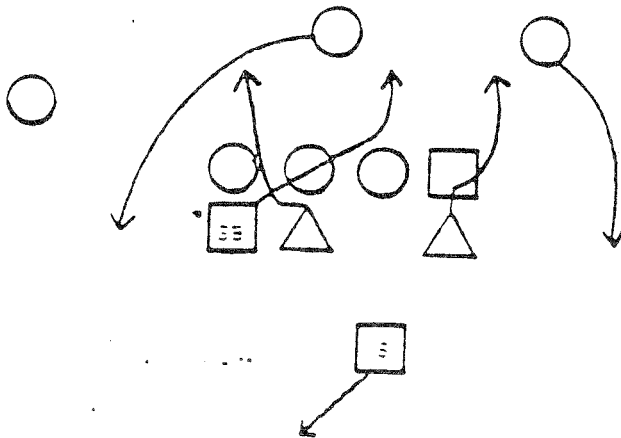
OLB - Same as "Slam"

END - Same as S.E.

WILL - Same as Sam

X Vs. Pass

3



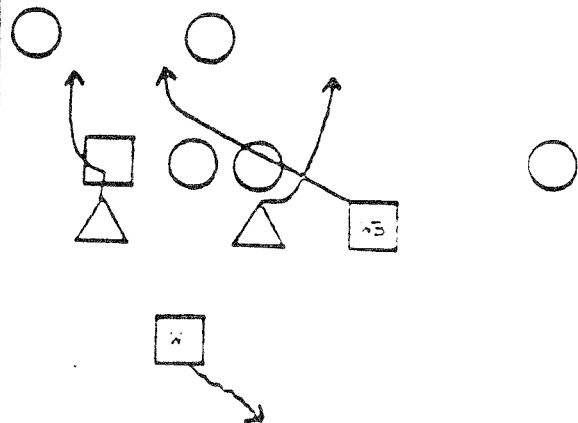
OLB - Same as "Slam"

END - Contain rush

SAM - Coverage called

X Vs. Pass

4



OLB - Same as "Slam"

END - Contain rush

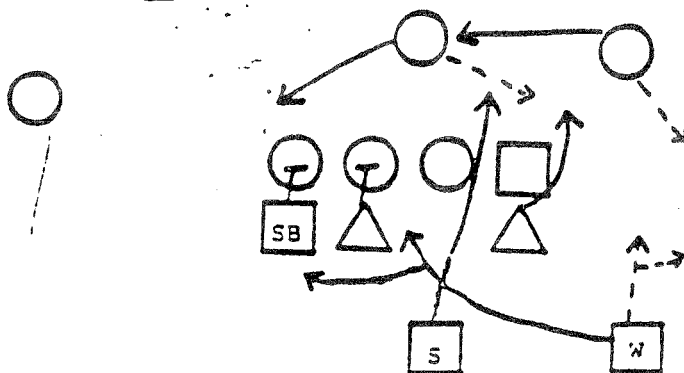
WILL - Coverage called

BANDIT (CALL BY INSIDE LB WITH NOSE)

(RUN STUNT)

STRONG BANDIT Vs. RUN

1



C.P. - In order to have a Bandit strongside, Sam must be in rush.

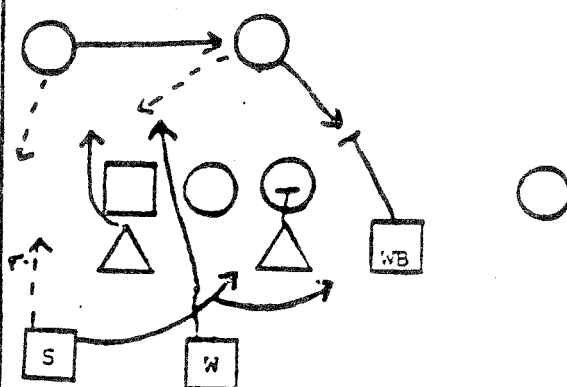
END - 4 technique.

SAM - Penetrate near A Gap.

NOSE - Ringo technique.

WILL - Normal read on Flow to (think outside unless guard on NT) - Fast read on Flow away (B Gap).

WEAK BANDIT Vs. RUN



C.P. - In order to have a Bandit weakside, Will must be in rush.

END - 4 technique.

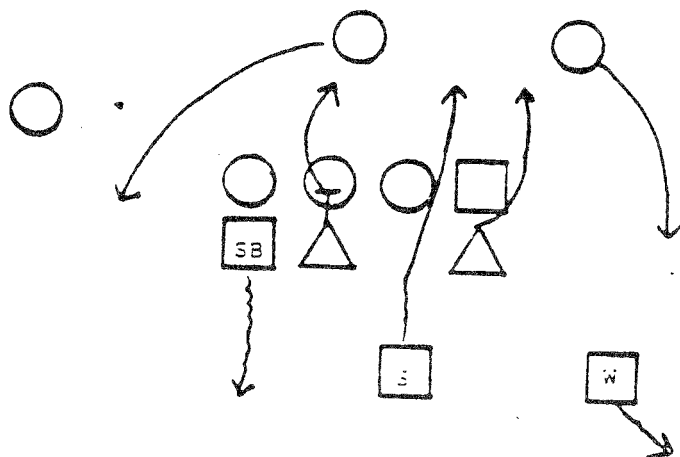
WILL - Penetrate near A Gap.

NOSE - Lucky technique.

SAM - Same as WILL.

STRONG BANDIT Vs. PASS

3



C.P. - Same as above.

END - 4 technique - Contain rush (blue call)

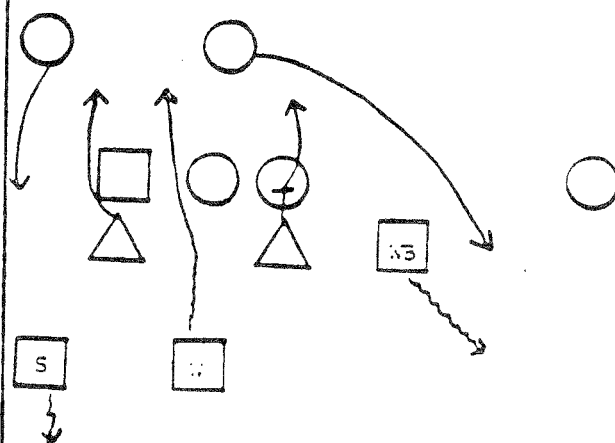
SAM - Penetrate near A Gap - inside rusher strong.

NOSE - Ringo technique - inside rusher weak.

WILL - Coverage called.

S.B. - Coverage called.

WEAK BANDIT Vs. PASS



C.P. - Same as above.

END - Same as S.E.

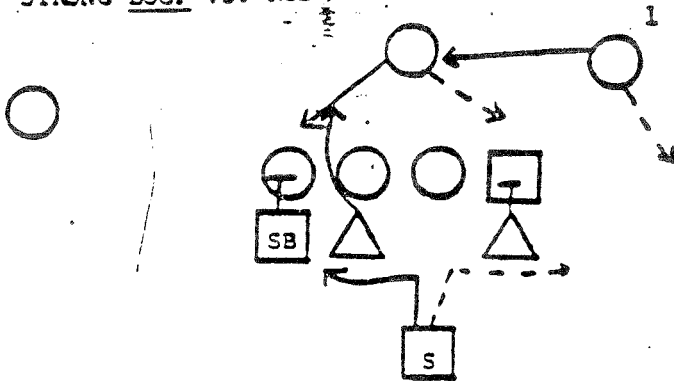
WILL - Penetrate near A Gap - inside rusher weak.

NOSE - Lucky technique - inside rusher strong.

SAM - Coverage called.

W.B. - Coverage called.

STRONG LOOP Vs. RUN



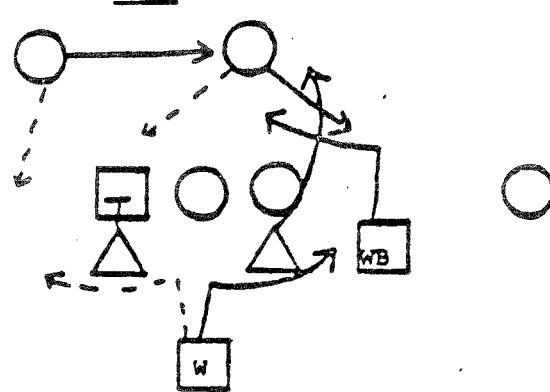
C.P. - OLB must be on and coming (green).

OLB - 6 technique. Normal Vs. run.

END - Penetrate 5 Gap - use speed or slap upper cut technique.

SAM - Normal read - think inside.

WEAK LOOP Vs. RUN



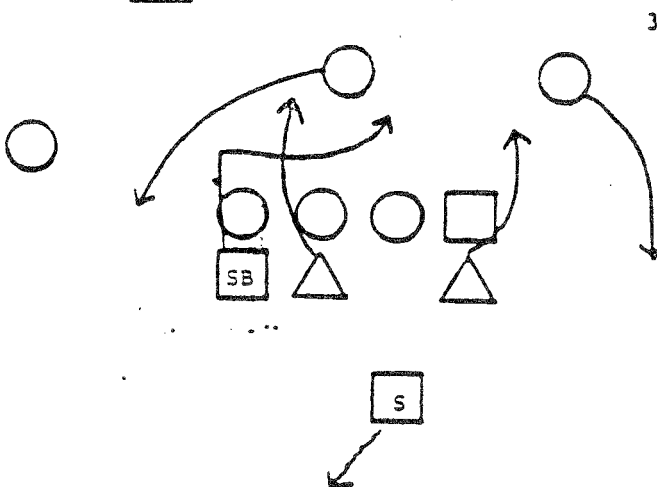
C.P. - OLB must be on and coming (green).

OLB - Start upfield - run Loop stunt - cutback responsibility.

END - Penetrate 5 Gap - use speed or slap upper cut technique - keep all runs inside - force responsibility.

WILL - Normal read - think inside.

STRONG LOOP Vs. PASS

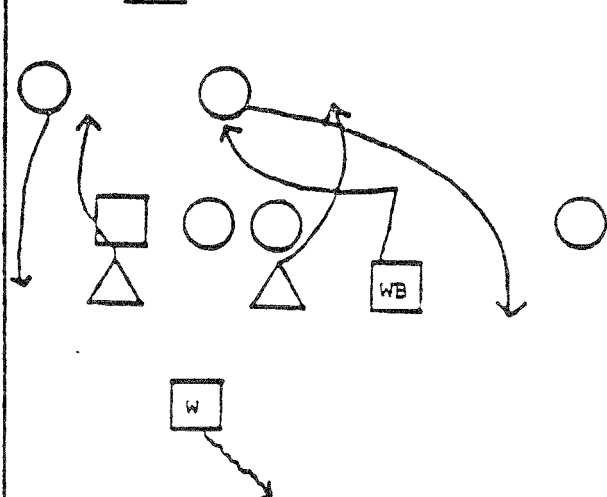


OLB - Rush upfield 2 to 4 steps and come inside behind End.

END - Penetrate 5 Gap - use speed or slap upper cut technique.

SAM - Coverage called.

WEAK LOOP Vs. PASS

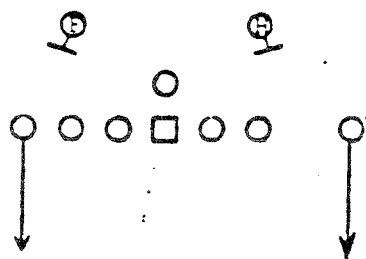


OLB - Same as S.L.B.

END - Same as S.E.

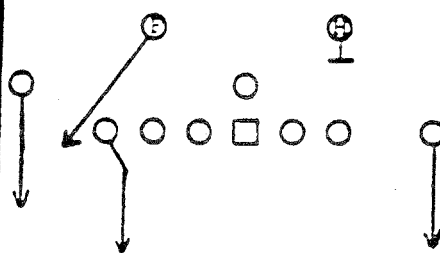
WILL - Coverage called.

DFOPBACK PASSES



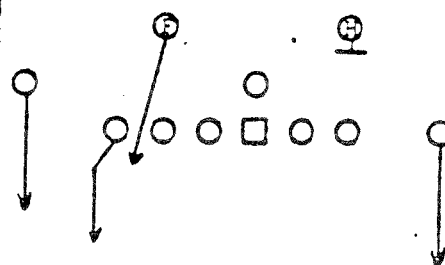
50

2



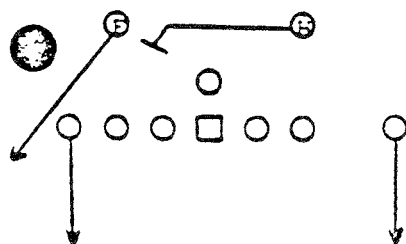
62

3



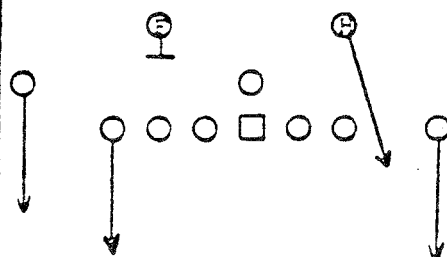
64

4



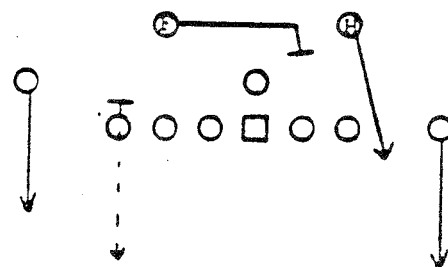
ପଦ

5



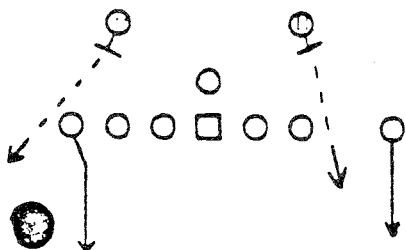
74

6



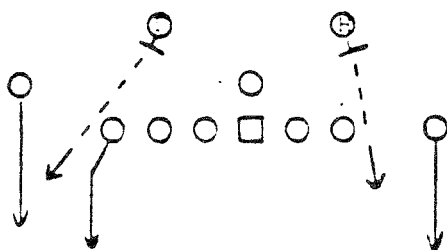
3

7



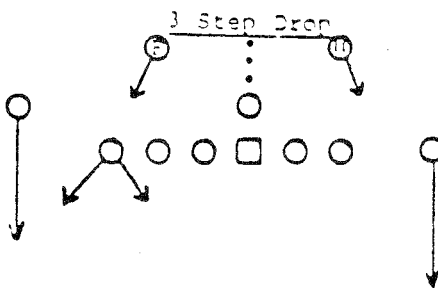
d2

3



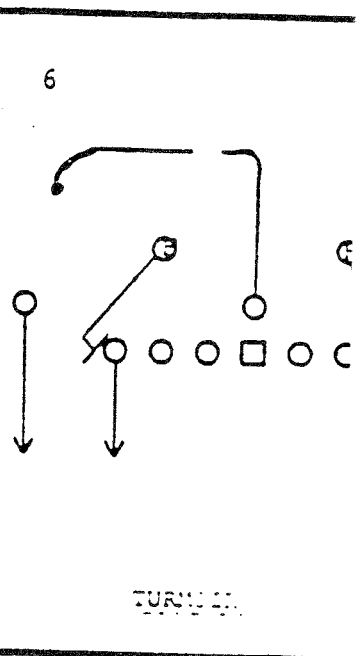
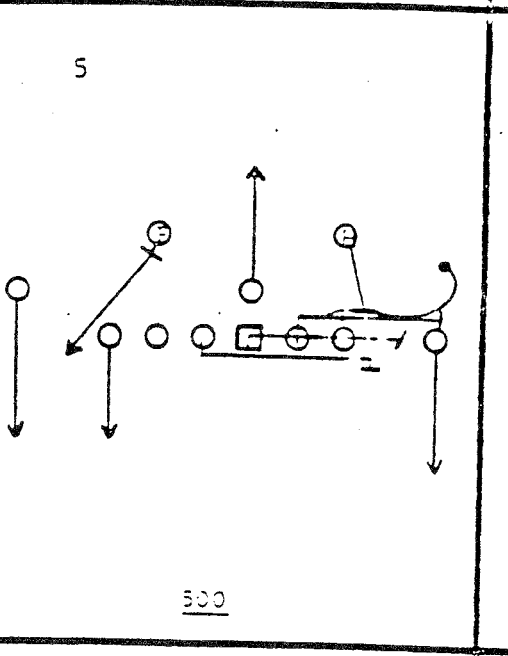
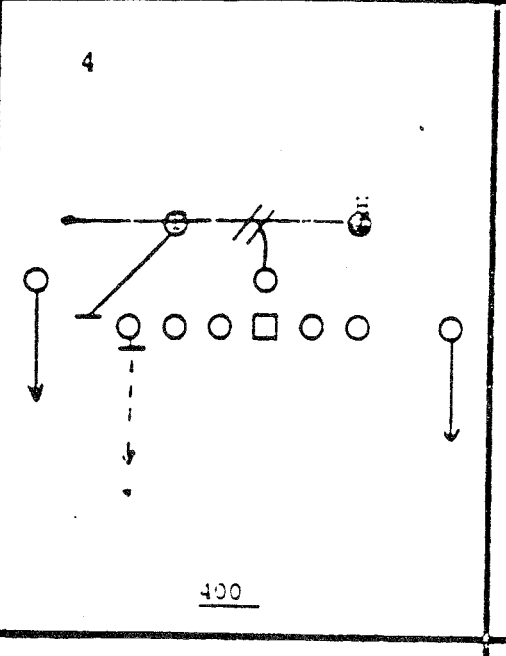
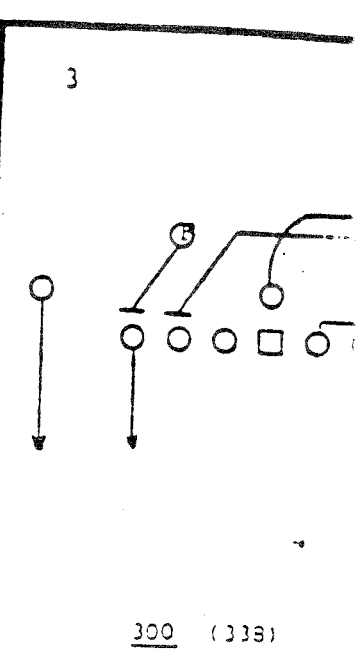
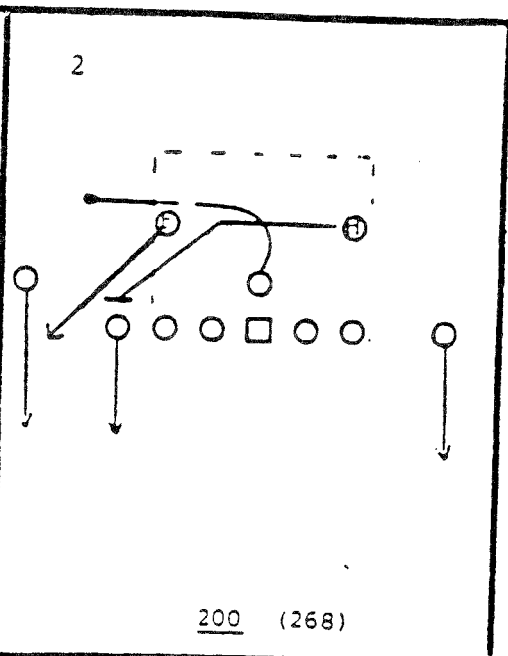
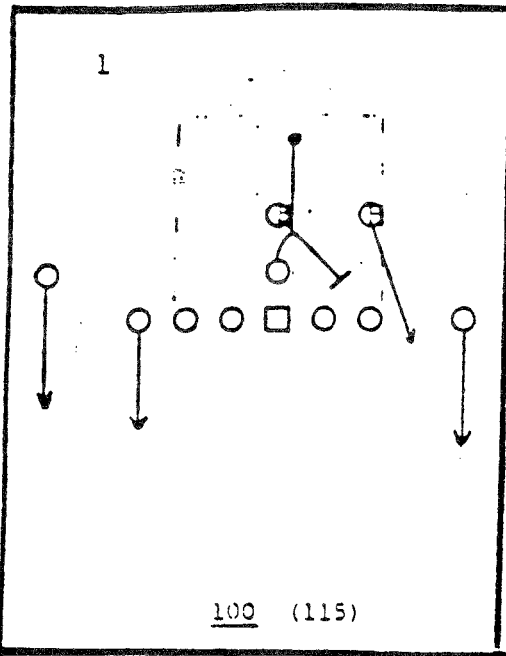
194

9



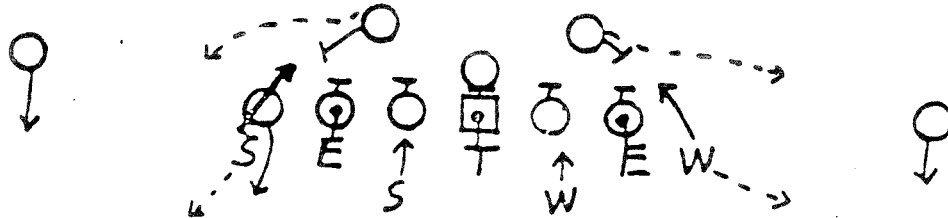
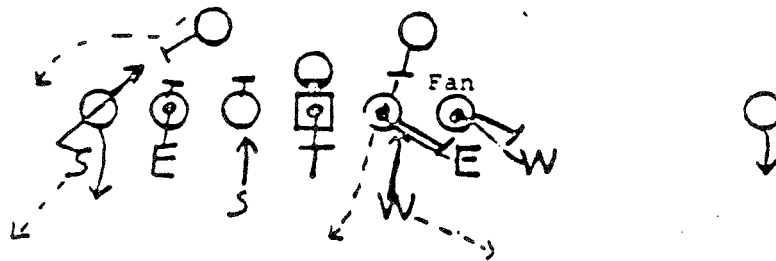
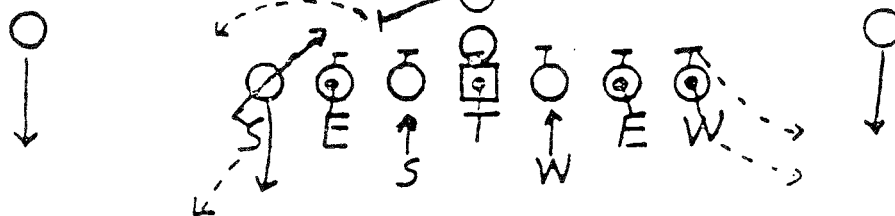
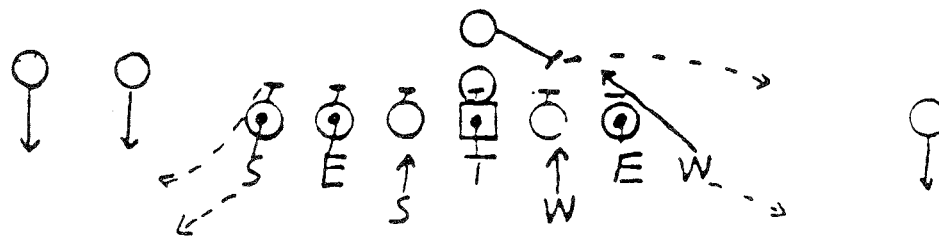
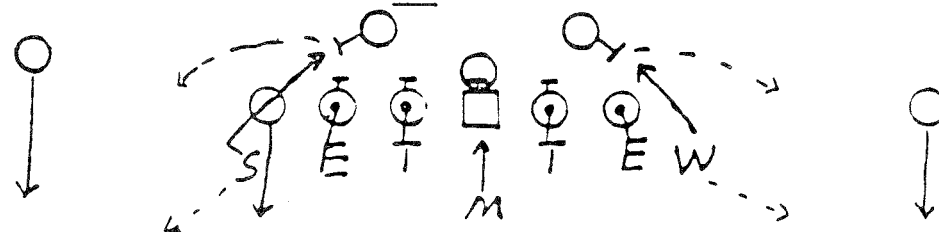
30

PLAY PASSES



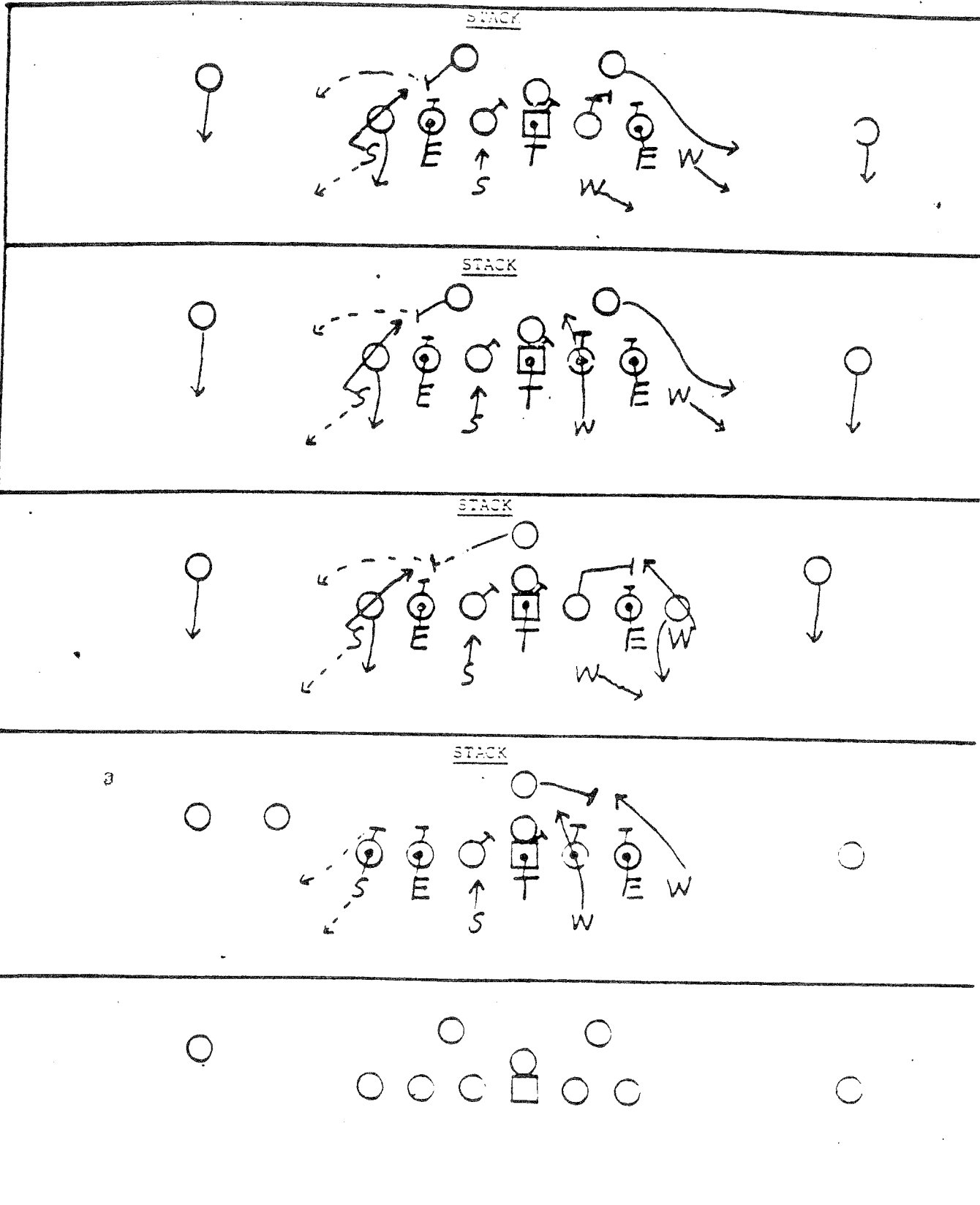
SOLID PROTECTION

Solid Pass Protection - Protection with offensive guards & center blocking defensive linemen or linebackers aligned over them - Offensive tackles blocking defensive ends - Backs or Tight Ends blocking outside linebackers.

STACKSTACK L.T. (Under)STACKSTACK4-3

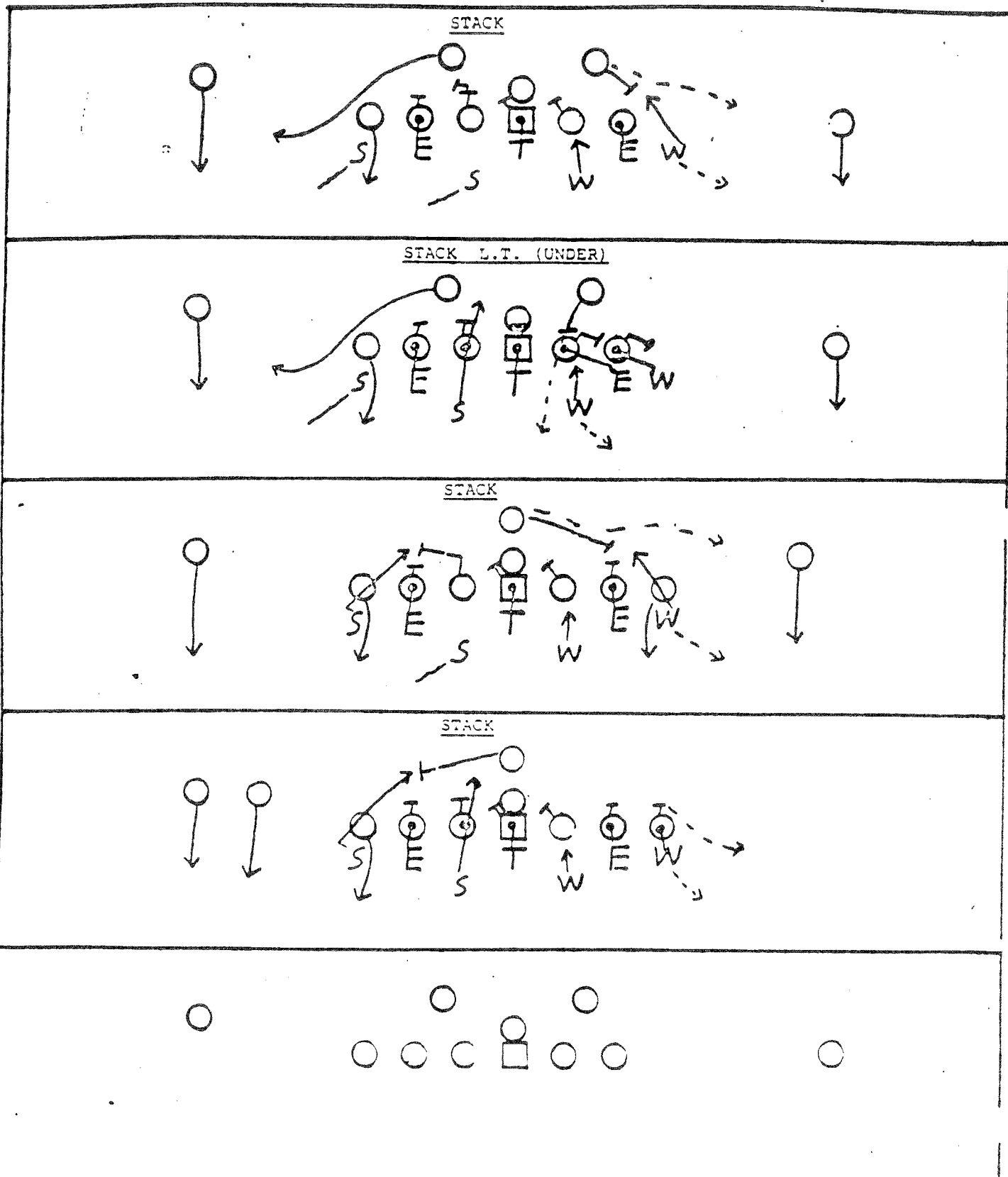
SCAN PROTECTION

Scan Pass Protection - Protection with guard to open side blocking ILB or LB.
If only one L.B. blitzes, the guard will block him. If both LB's blitz, the guard will block the ILB and the back or end will block the GLB or "Hot". All other blocks will use solid protection.



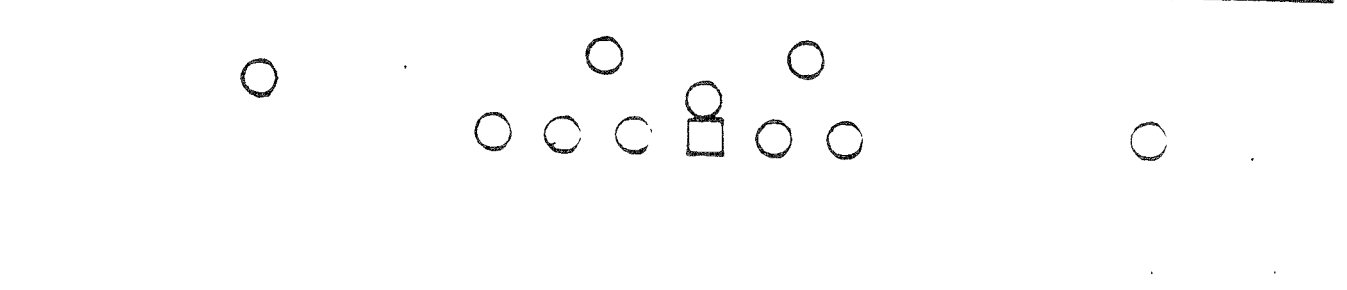
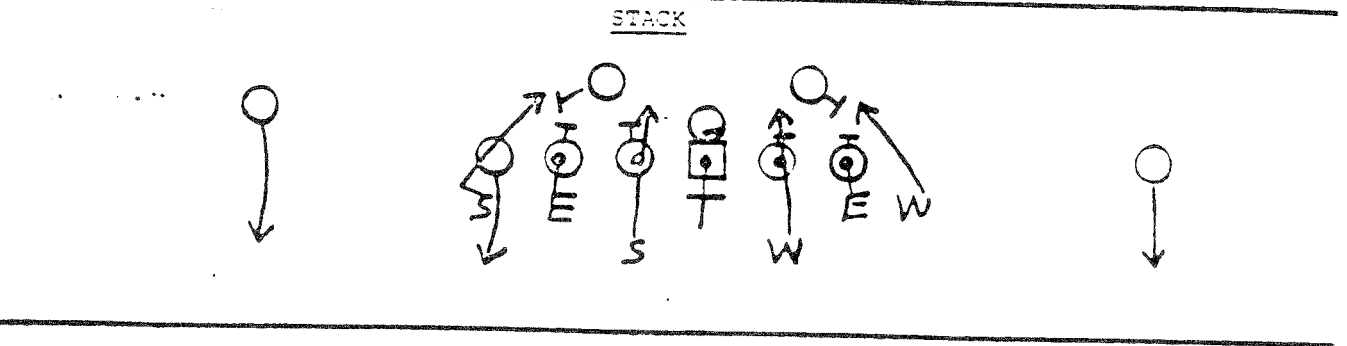
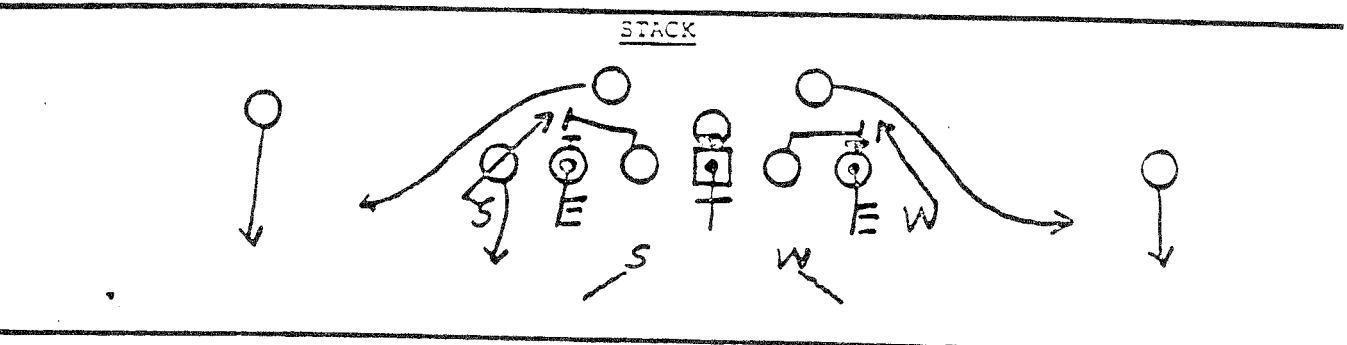
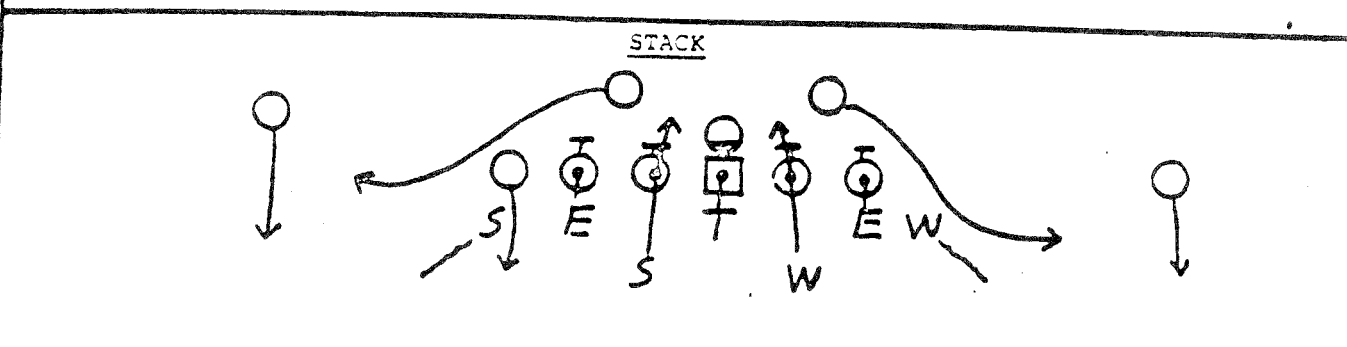
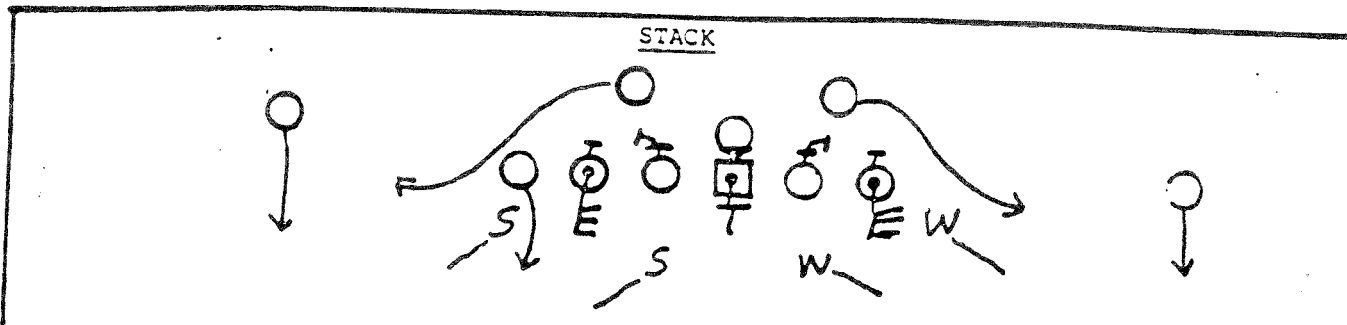
SCAT PROTECTION

Scat Pass Protection - Protection with guard to tight end side blocking ILB or OLB. If only one LB blitzes, the guard will block him. If both LB's blitz, the guard will block the ILB and the back or end will block the OLB or "Hot". All other blockers will use solid protection.



DOUBLE SCAN PROTECTION

Double Scan Protection - Protection with both guards blocking ILB or OLB to his side. If only one LB blitzes, the guard will block him. If both LB's blitz, the guard blockers will use solid protection. All other blockers will use solid protection.

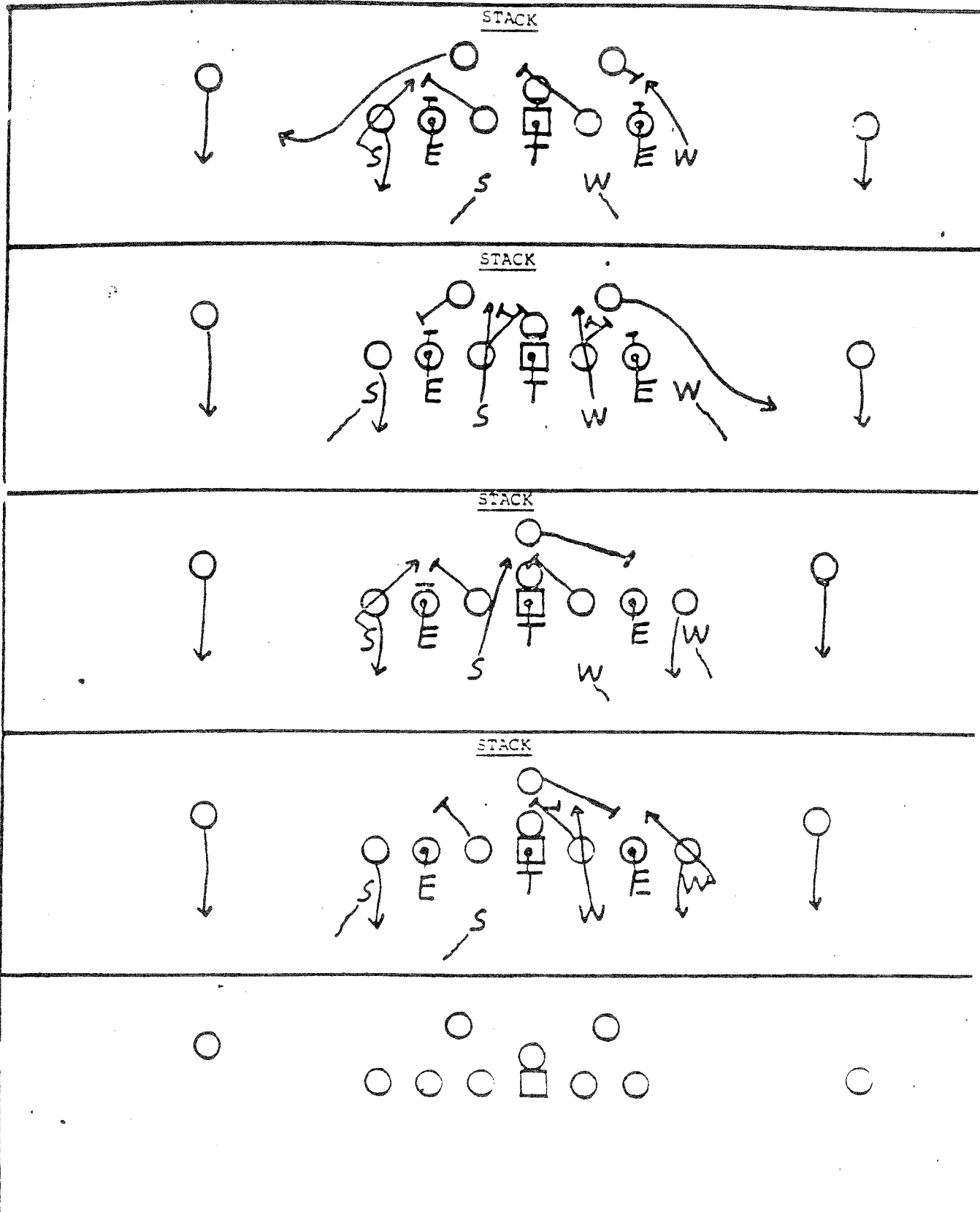


11.



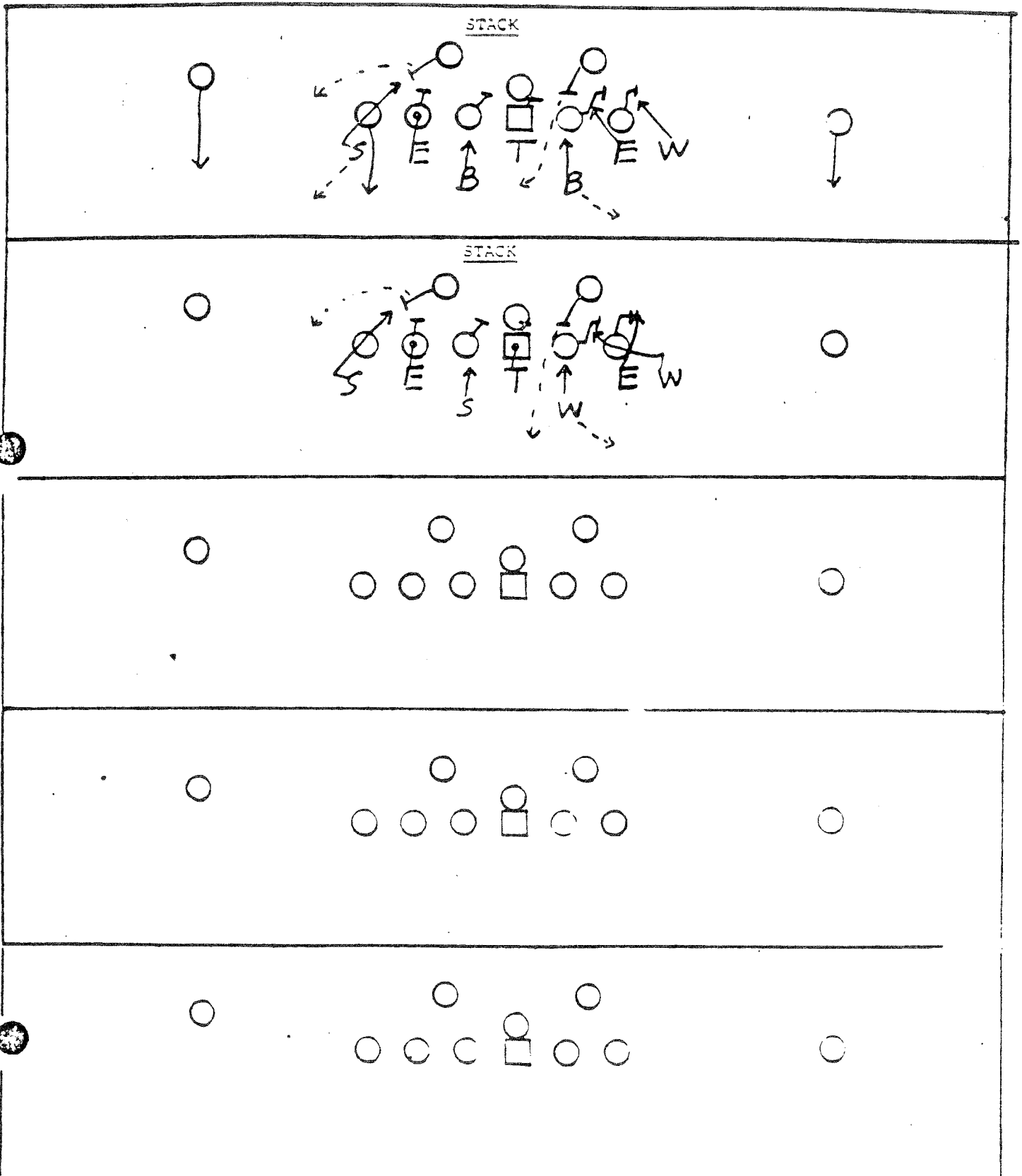
PULL PROTECTION

Pull Pass Protection - Protection with both guards pulling in the same direction. The guard pulling outside blocks OLB to ILB. The guard pulling inside blocks away I to near ILB. Back away from pull side will block OLB (could be dual) - Back to pull releases. . C.P. - Both guards read OLB to pull side.



FAN PROTECTION

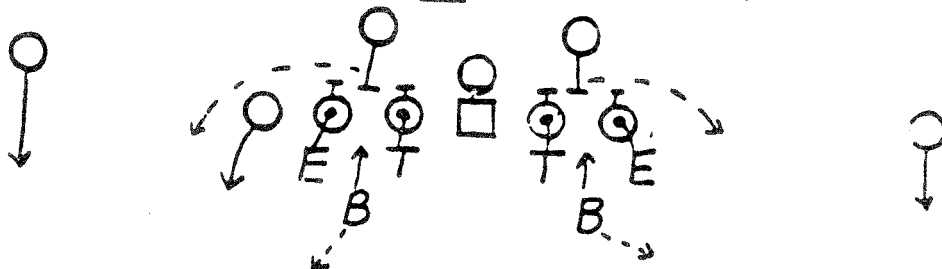
Fan Pass Protection - Protection with guard and tackle blocking rusher to their outside. The back to the fan side blocks the I.B. All other blockers will use solid protection.



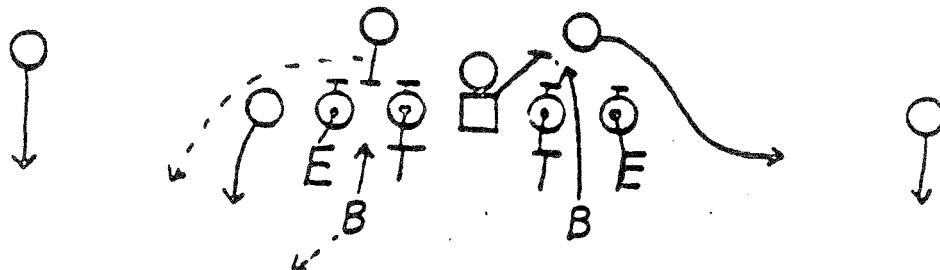
SUB PROTECTION

Sub Pass Protection - Protection with line blocking solid or uncovered lineman (u center) having pick-up on one of the ILB's. The backs or end will block ILB's on uncovered lineman has pick-up on OLB his side, then he has free release.

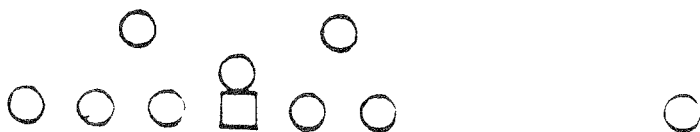
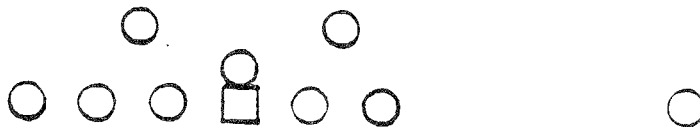
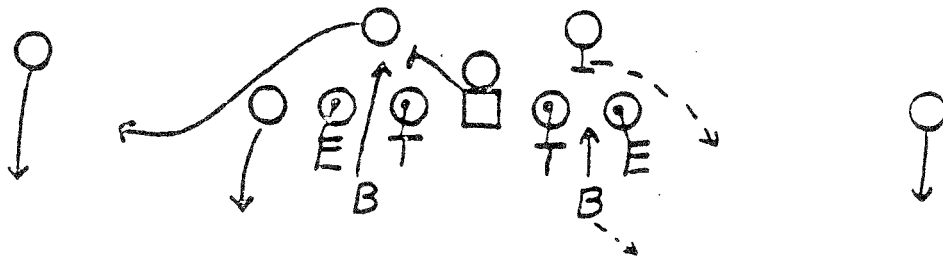
4-2 (Solid Protection)



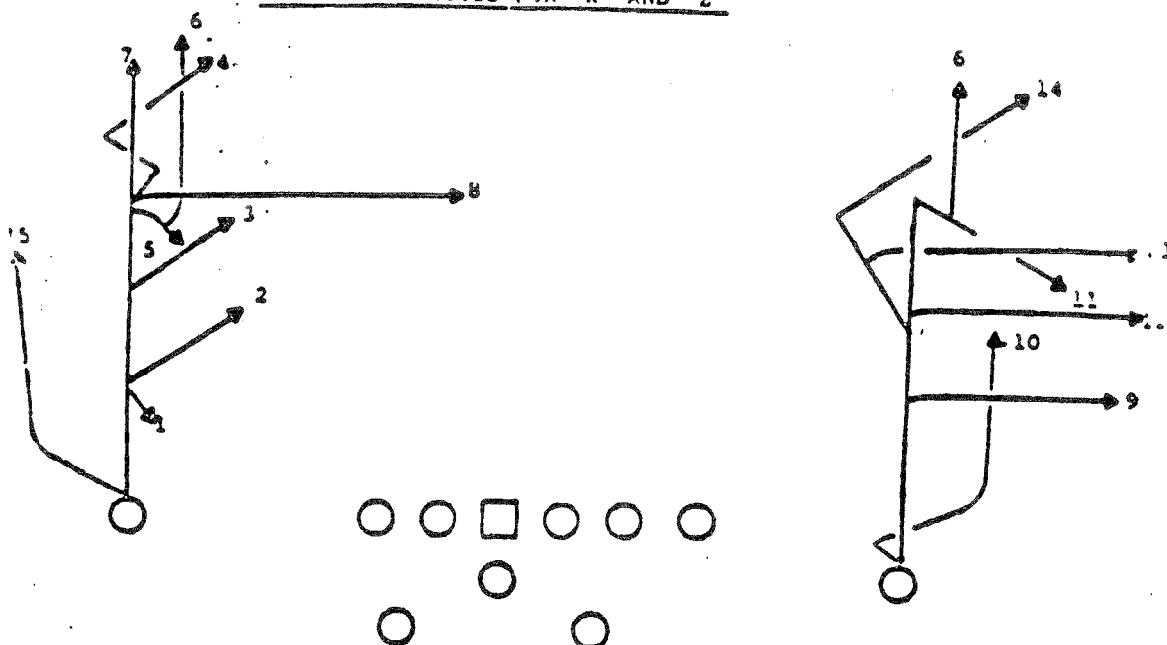
4-2 (Lambo Protection)



4-2 (Tango Protection)



INDIVIDUAL ROUTES FOR "X" AND "Z"



ALL ROUTES MAY BE UTILIZED ON BOTH THE RT. AND LT. SIDES

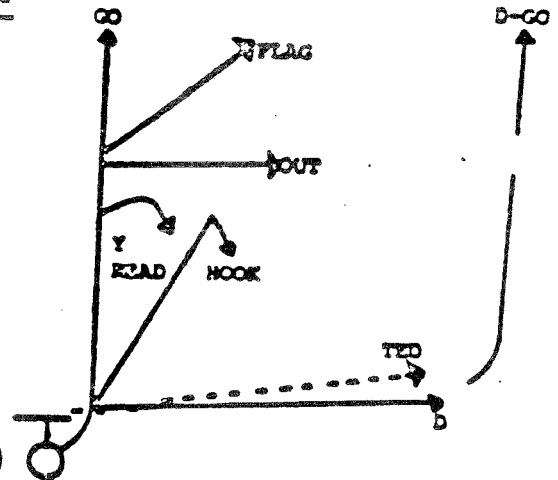
- | | | | |
|----|-----------------|---|--|
| 1. | HITCH | - | Release off line 4 steps, then plant outside foot stepping back one step looking toward QB quickly for ball. |
| 2. | SLANT | - | Release off line to depth of 6 to 8 yds. - plant outside foot and cut sharply to inside at 45 degree angle. |
| 3. | POST | - | Release off line to depth of 12 to 14 yds. - plant outside foot and cut sharply to inside at 45 degree angle. |
| 4. | Z-IN DEEP (ZID) | - | Release off line to depth of 12 to 14 yds. - weave three steps to inside then four steps outside to drive back inside and upfield looking for ball over inside shoulder. |
| 5. | CURL | - | Release off line to depth of 18 yds. - plant outside foot stepping back toward QB; if open, stay in open lane. if not open, work to next inside open lane. |
| 6. | CURL GO | - | Release off line head up - break it down at a depth of 12 to 13 yds. - if defensive man is head up to inside shade, run Go route off of Curl move - if defensive man is head up to outside, run Go route off of Comeback move. |
| 7. | GO | - | Is route where we're trying to beat a man or defense deep - the method or move will vary with individuals. |
| 8. | IN CENTER | - | Release off line to depth of 18 yds. - plant outside foot and cut sharply across the field, avoid gaining ground upfield. |

9. **QUICK-OUT** - Release off line to depth of 6 to 8 yds. - plant inside foot and cut sharply to outside.
10. **JAB-OO** - Route adjustment versus funnel or bump and run coverage. Good head fake and false step to inside then release outside of defender on a go route.
11. **COME-BACK** - Release off line to depth of 18 yds. preferably to outside of DEB and plant inside foot and come back to the outside at 45 degree angle for ball. Can be called at different depths.
12. **OUT** - Release off line to depth of 11 yds. - plant inside foot and cut sharply to outside. Depth will vary according to call.
13. **Q** - Release off line giving inside move similar to X-Route - to depth of 10 to 12 yds. - get man turned inside and back to sideline outside at about the 15 to 18 yd. area.
14. **X** - Release off line to depth of 8 to 10 yds. and break in on post move; on fourth step in plant inside foot and break out and upfield - read DEB to determined depth of break. Beat man to inside before trying to come out of the break.
15. **FLAZ** - Release outside and away from defender looking over inside shoulder - used mostly vs. cloud on zone defense.

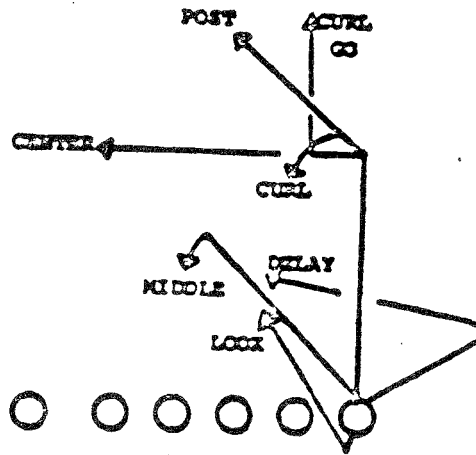
INDIVIDUAL ROUTES FOR "Y"

All Routes may be run on Both Sides.

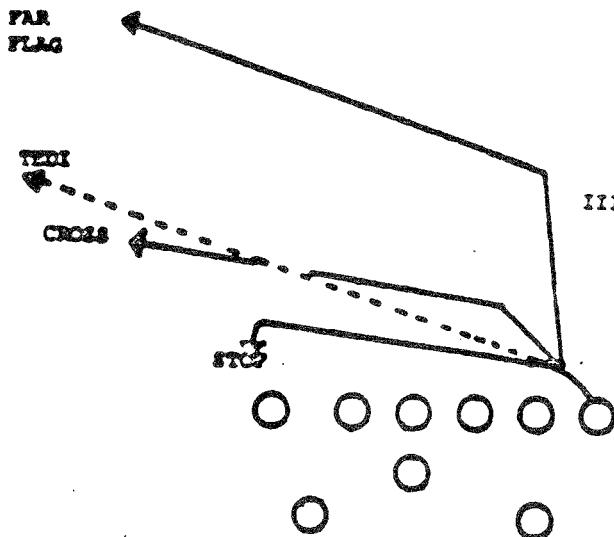
I. OUTSIDE ROUTES



II. MIDDLE ROUTES



III. CROSSING ROUTES



INDIVIDUAL ROUTES FOR "Y"

I. OUTSIDE ROUTES

1. **DIAGONAL (D)** Outside release, on second step upfield plant inside foot and cut sharply to outside.
2. **D-QB** Run diagonal - look back at QB, and turn it up sideline - looking over inside shoulder for ball.
3. **TED**
(TIGHT END
DELAY) The name Ted is a short term meaning Tight End delay out - this route will be used mainly in short yardage and goal line situations. Deliver a good lick to the outside half of man over - keep stalemate and hold for two full counts - then delay out in the diagonal area and laterally with the L.O.S. - looking for ball - you should be 2 to 4 yds. deep depending on the situation: (Ex.: F-236 Ted).
4. **HOOK** Outside release to depth of 12 yds. and 4 yds. outside your alignment and hook it up to the outside.
5. **Y-READ** Read coverage whether to break outside or Hook. Depth of 6-8 yards. Similar to H-Read.
6. **CUT** Outside release, run to depth of 14 yds. plant inside foot and cut sharply to outside.
7. **FLAG** Inside or outside release, run to depth of 13 to 15 yds. and hand toward the area of the flag looking over outside shoulder.
8. **QB** Inside or outside release, and simply sprint - or, can be some kind of move to beat a man deep.

II. MIDDLE ROUTES

9. **DELAY** Hard outside release to a depth of 5 yds. and 4 yds. outside your alignment. Stop and cut sharply down inside - or run a swing in.
10. **CURL** Inside or outside release, run just like the Center route except now we want to hook it up in the open spot.
11. **CURL QB** Either inside or outside release to depth of 12 yds. give good curl move and go looking over inside shoulder for ball.
12. **POST** Inside or outside release - run to depth of 12 to 14 yds. plant outside foot and break at little more than 45 degree angle to inside.
13. **CENTER** Inside or outside release, running to depth of 14 yds. plant outside foot and cut sharply across the field. Continue across field and avoid gaining ground upfield.

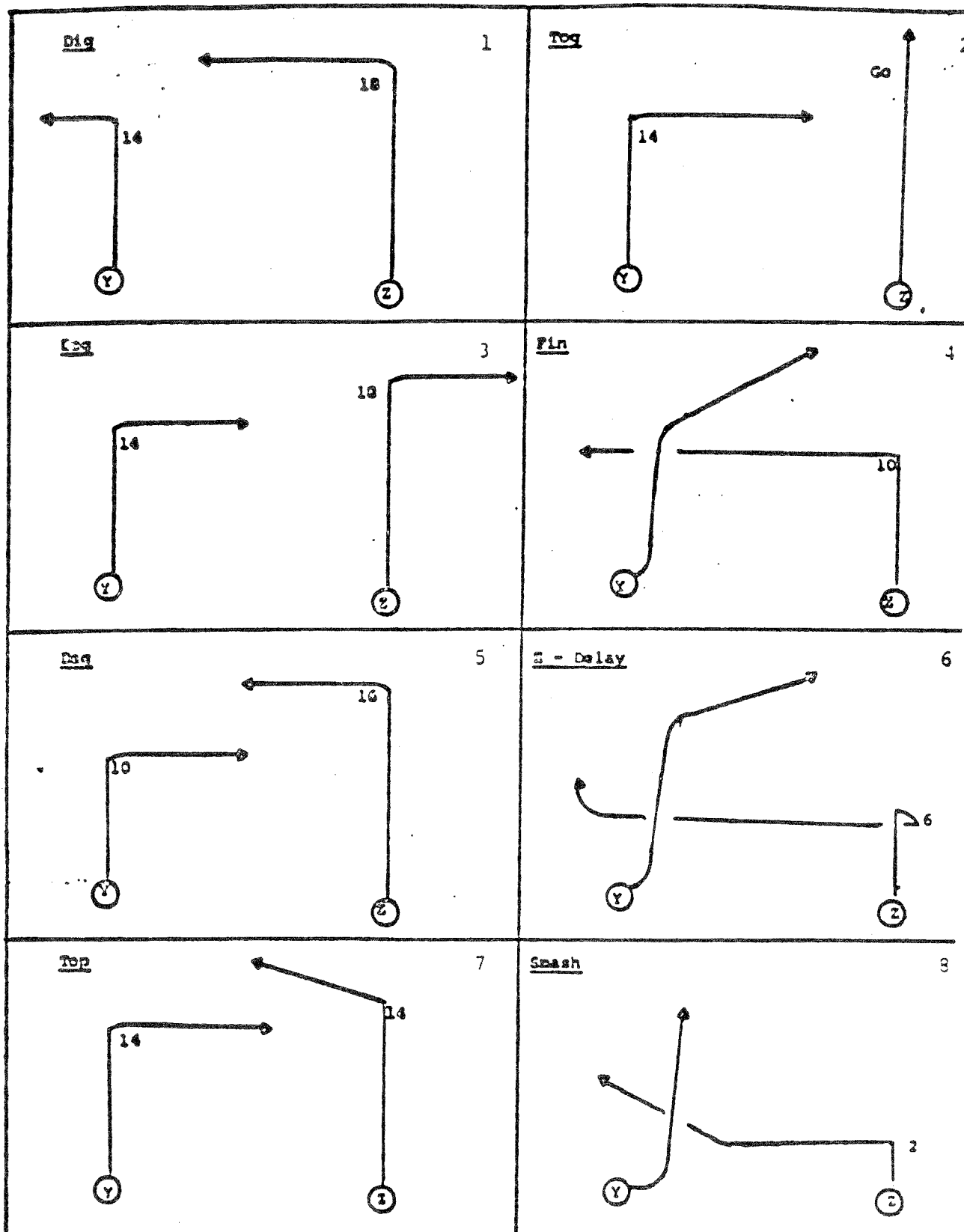
II. MIDDLE ROUTES (Cont'd)

14. **MIDDLE** Release inside underneath Linebackers. Work upfield to depth of 9 yards Hook over the ball.
15. **LOOK** Inside release, look quick for ball, if ball doesn't show, continue with called pattern.

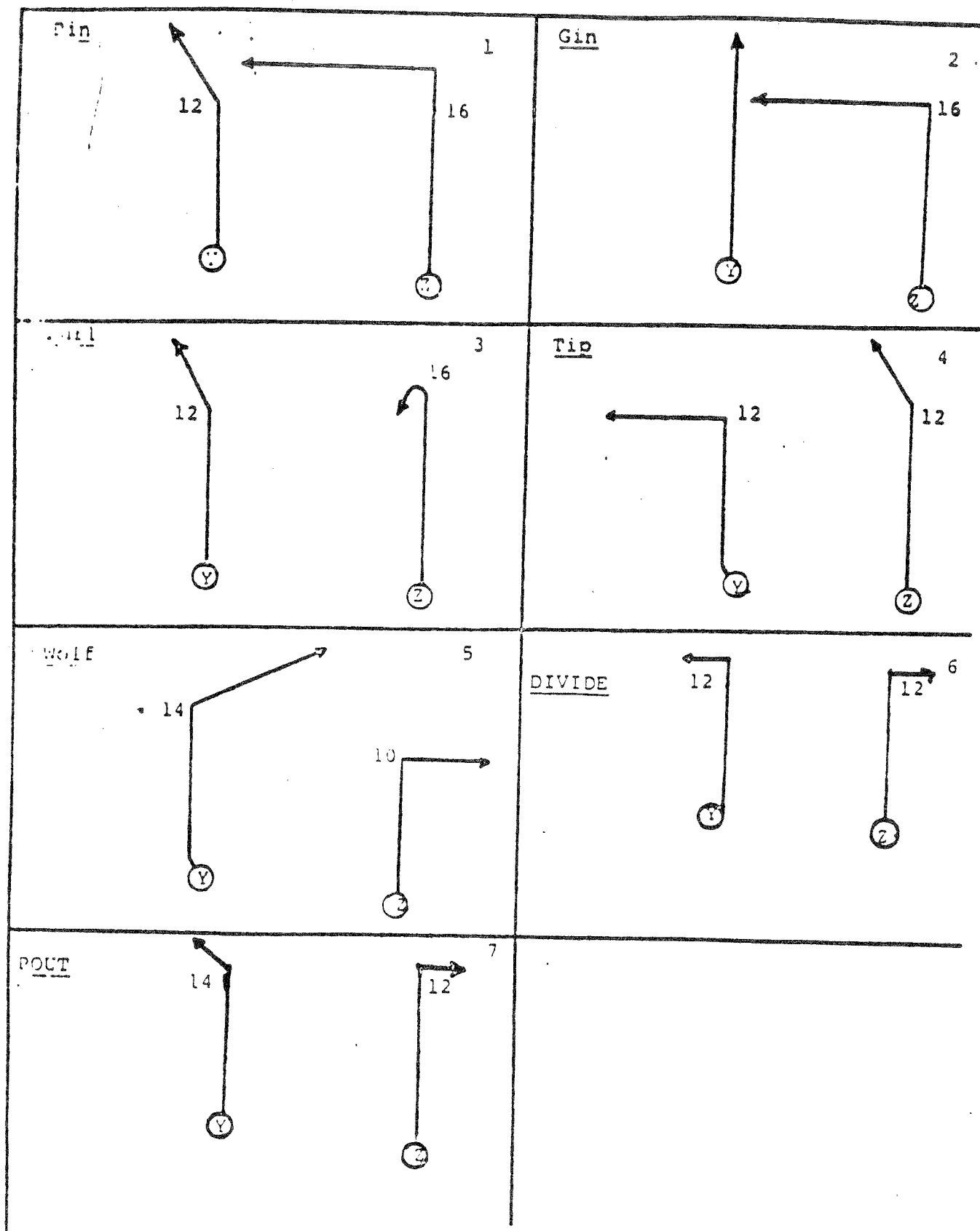
III. CROSSING ROUTES

16. **STOP** Release inside underneath Linebackers. Stop in front of our weakside Tackle at a depth of 7 yards.
17. **CROSS** Inside release and upfield three steps, plant and run route to depth of 8 to 10 yards over offside OT looking for ball and gaining ground upfield. Depth ran way according to play called.
18. **TEDI**
(TIGHT END
DELAY
INSIDE) Tedi will be the name for our Tight End delay inside. In most cases will also be used in short yardage and goal line situations. Deliver a good lick on man inside as if making a down block - don't allow penetration. Hold for two full counts - then delay into your normal cross route area: (Ex.: F-136 Tedi)
19. **FAR FLAG** Inside release - run post pattern - continue to far flag area.

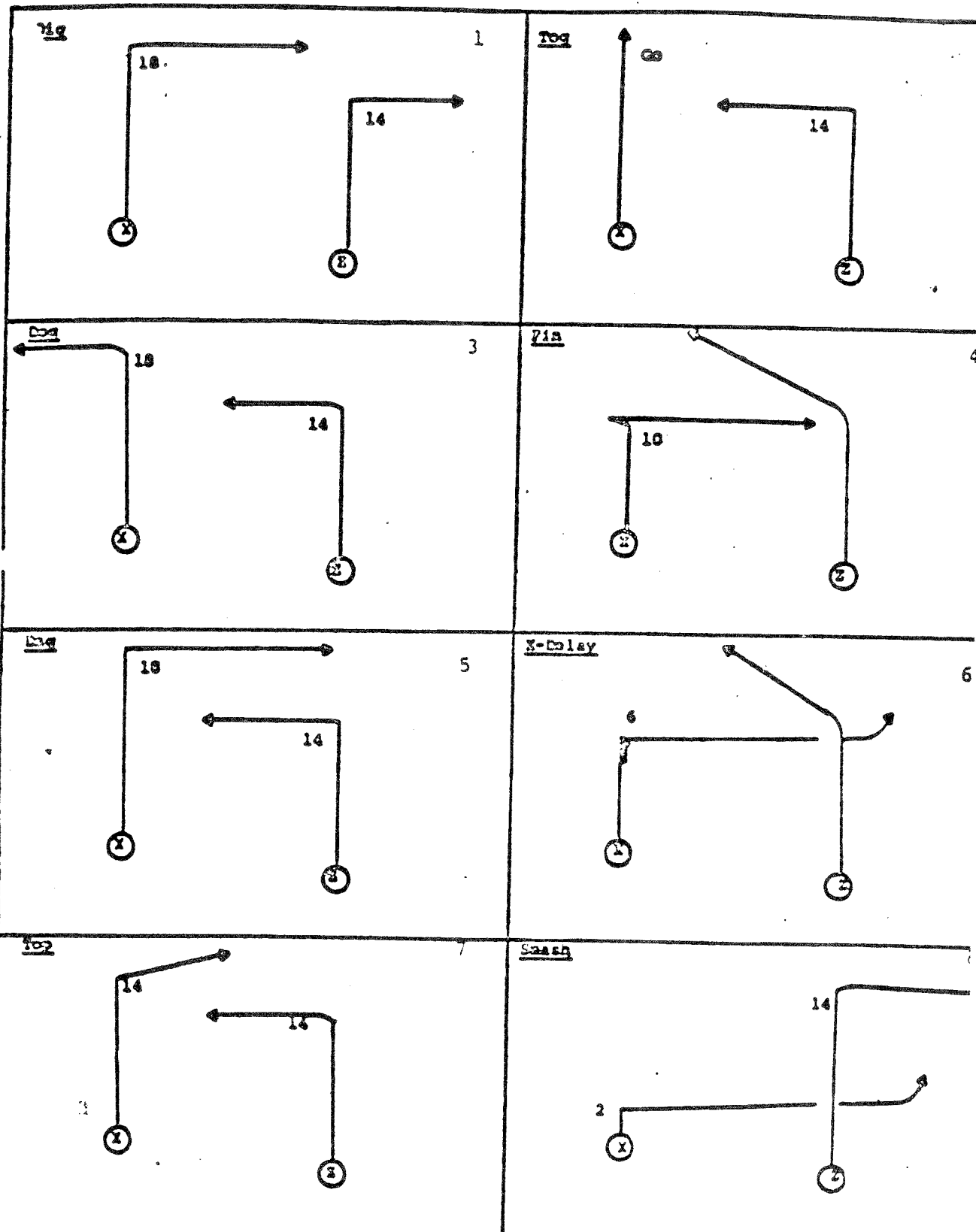
Strongside Combination Patterns
 Drawn up from Right Formation
 Between "Y" and "Z"



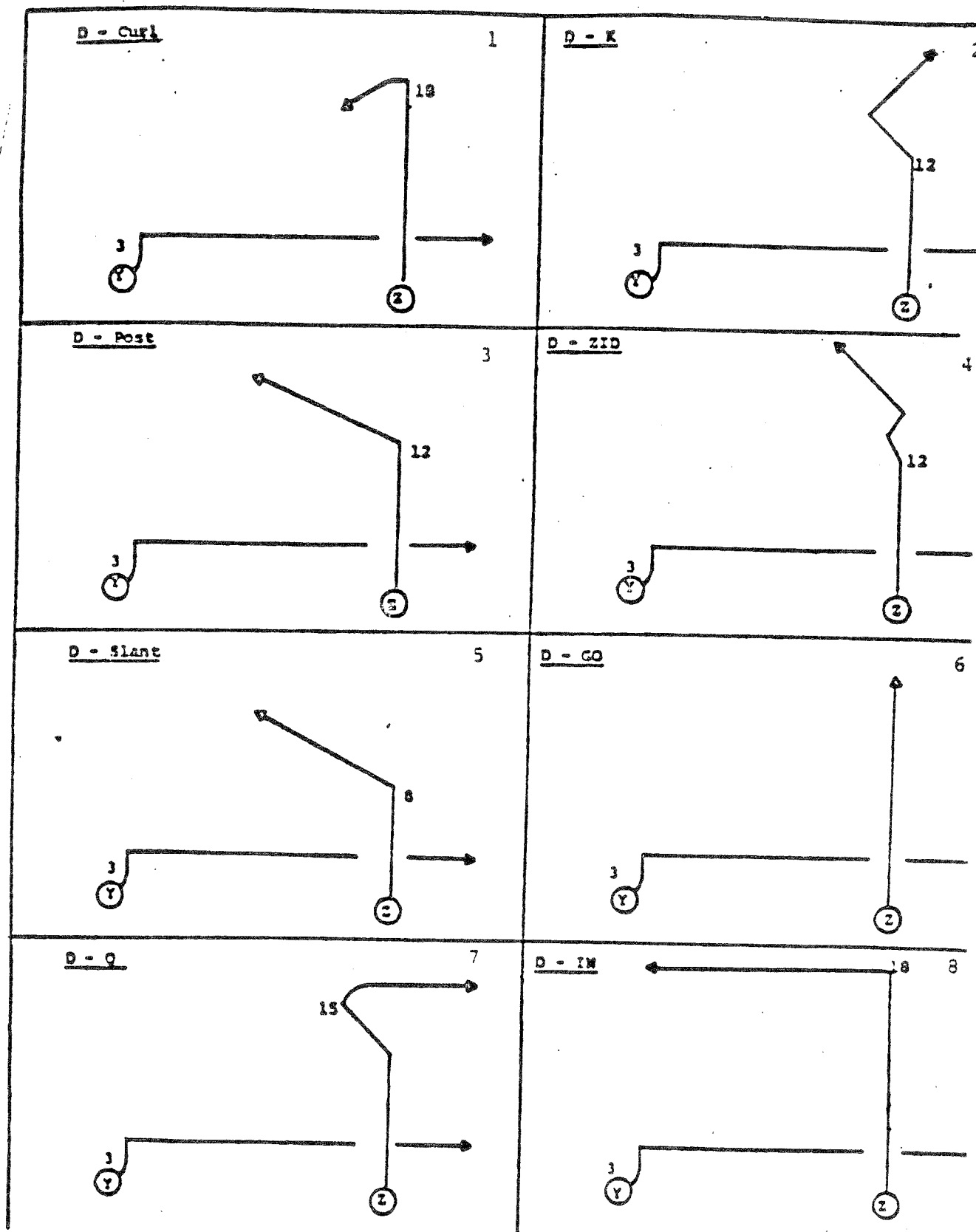
STRONGSIDE COMBINATION PATTERNS
DRAWN UP FROM RIGHT FORMATION
BETWEEN "Y" AND "Z"



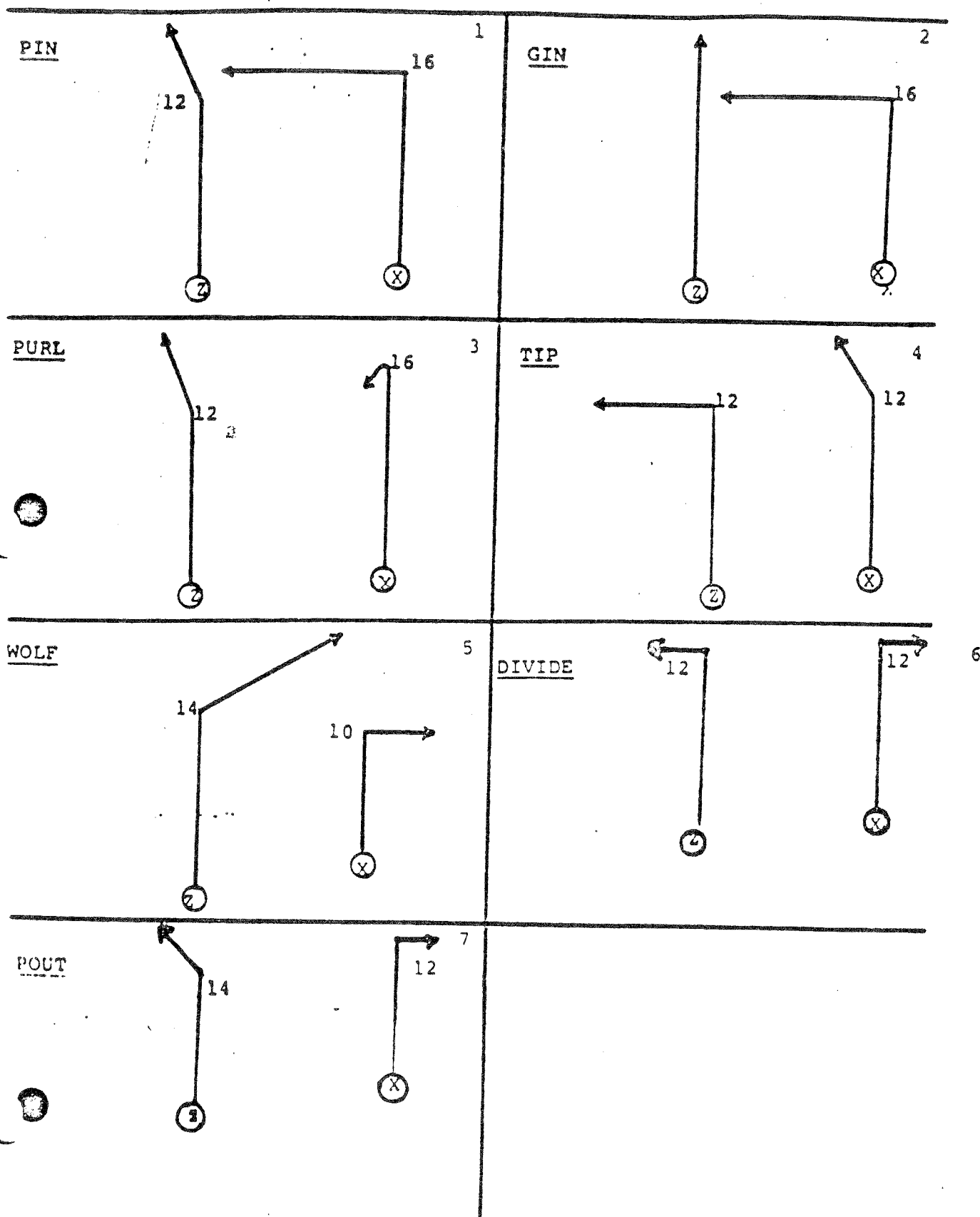
Strongside Combination Patterns
 Drawn up from Slot Formation
 between "X" and "Z"



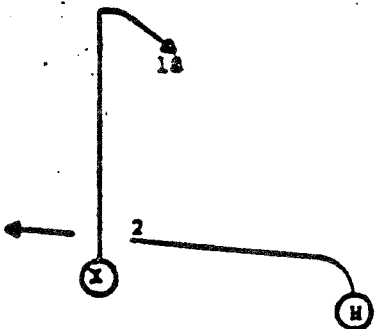
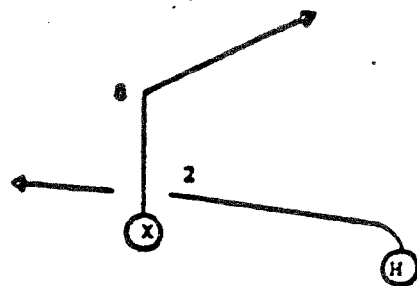
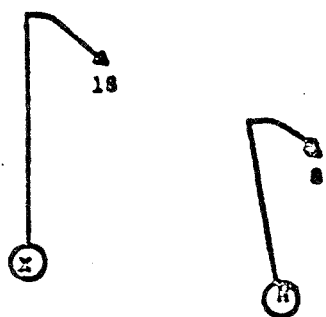
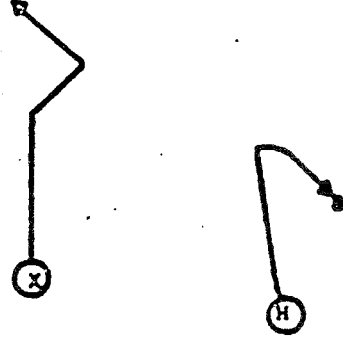
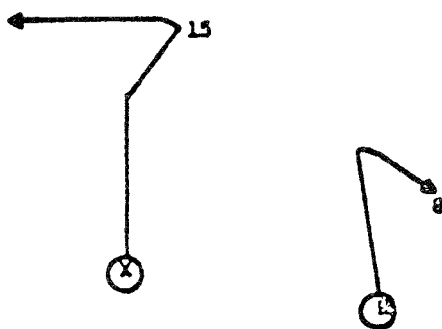
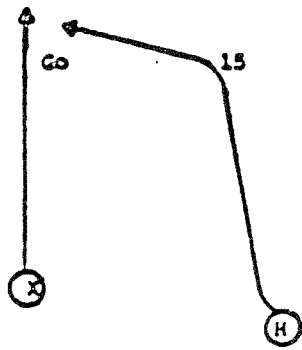
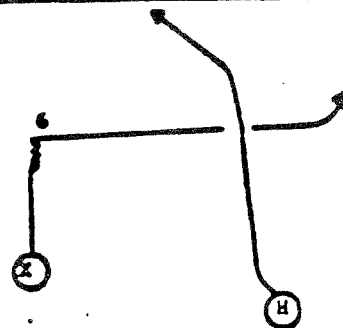
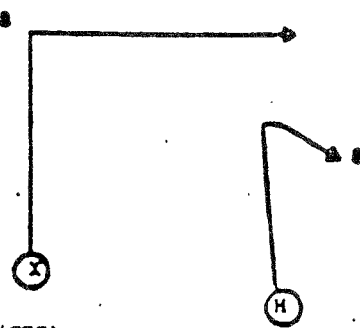
Strongside Combination Patterns
 Drawn up from Right Formation
 D - Tree - between "Y" and "Z"



STRONGSIDE COMBINATION PATTERNS
DRAWN UP FROM SLOT FORMATION
BETWEEN "X" AND "Z"



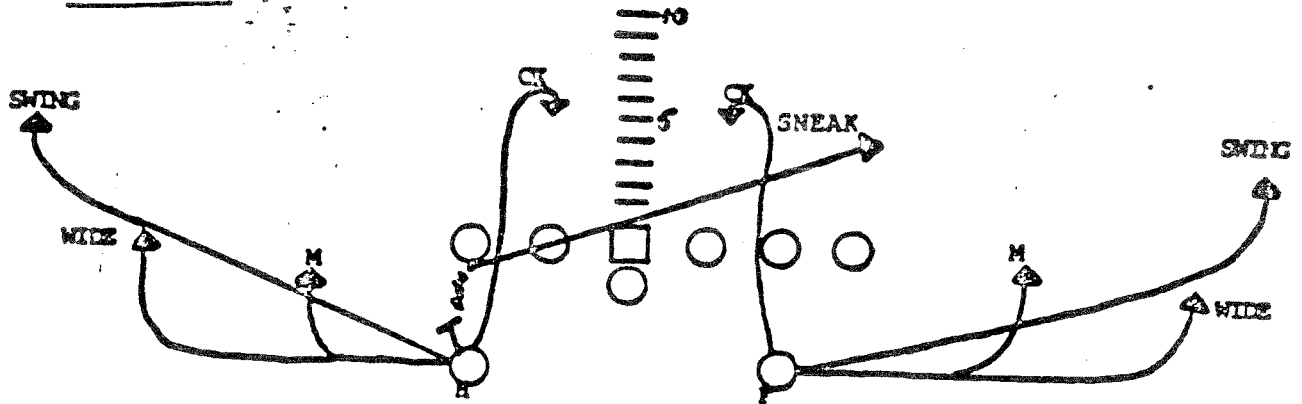
Weakside Combination Patterns
 Drawn Up from Right Formation
 between "H3" and "X"

<p>1</p>  <p>Flat Curl (F-C)</p>	<p>2</p>  <p>Flat Slant (F-S)</p>
<p>3</p>  <p>Circle Curl (CIC)</p>	<p>4</p>  <p>Circle X (CIX)</p>
<p>5</p>  <p>Circle Q (CIQ)</p>	<p>6</p>  <p>H-Flag</p>
<p>7</p>  <p>X-Delay</p>	<p>8</p>  <p>Circle In (CII)</p>

INDIVIDUAL HB AND FB PASS ROUTES

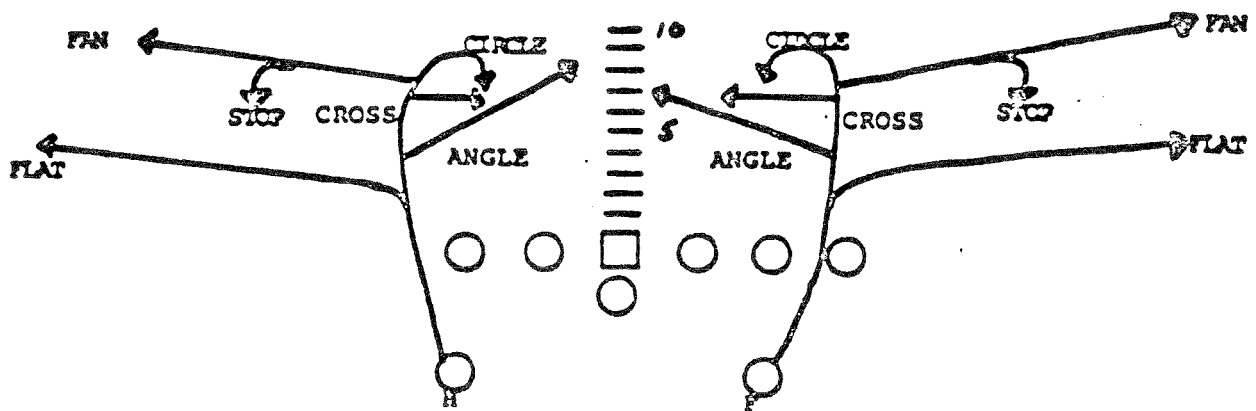
SHORT ROUTES

1



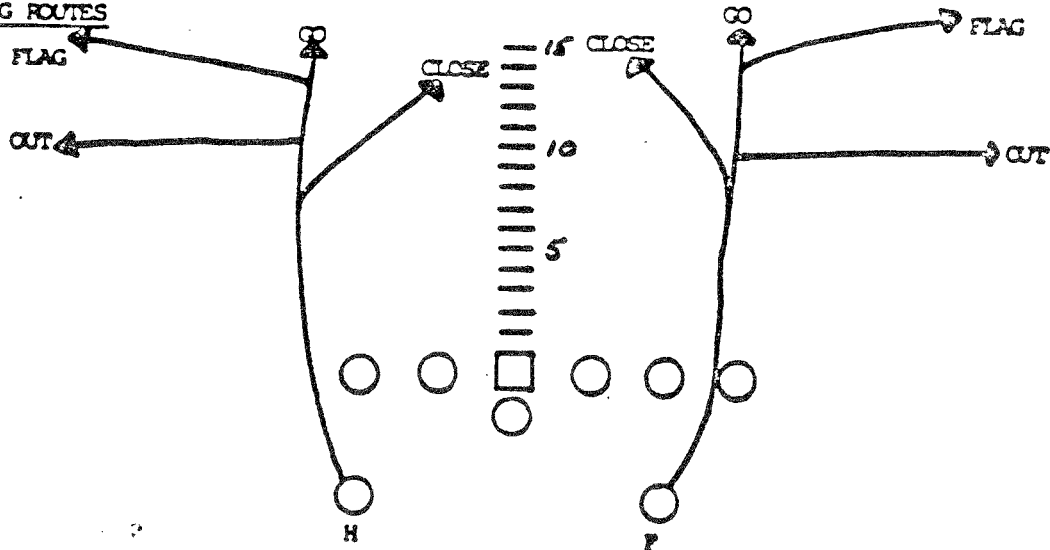
MEDIUM ROUTES

2



LONG ROUTES

3



INDIVIDUAL HB AND FB PASS ROUTE DESCRIPTION

1. WIDE Run route looping away from L.O.S. (never more than 2 yards) - turn upfield between numbers and sideline - show QB your #
2. MEDIUM Run route between Y & Z or X & OT - 3 yards inside the number. Look over inside shoulder.
3. SWING Run route between a medium and wide - get depth down the sideline as quickly as possible.
4. CHECK Set to block - if your LB'er does not come delay 2 count then take best release. Look for ball as you release - Hook up 5-6 deep.
5. SNEAK Set to block for 1001, 1002 count release to LOS, take best release break toward for sideline on a flat angle to a point 4 yards deep over T.E. position.
6. ANGLE Release upfield to a depth of 5 yards break in toward the middle of the goal post on a 45 degree angle.
7. FLAT Run route upfield to a depth of 6 yards break to sideline and deepen to 7 yards. Hook up 6 yards from sideline facing QB. (Quick Flat is quicker and flatter (never deeper than 2 yards across LOS) - look for the ball immediately).
8. STOP Run route outside OT - upfield to a depth of 8 yds. Hook up 1 yard inside numbers.
9. FAN Run route outside OT like a CLOSE to drive LB'er back - at 8 yds break to sideline gaining depth on slight angle. Look for ball over outside shoulder.
10. H-CROSS Run route outside OT upfield like a CLOSE-shuffle and break off outside foot at 7 yards and come across hard toward sideline.
11. F-CROSS Run route outside OT upfield like a CLOSE-shuffle and break off outside foot at 7 yards and come across hard toward sideline.
12. CIRCLE Run route outside OT upfield to a depth of 8 yards hooking up over Guard-Tackle area.
13. OUT Run route outside OT or TE upfield like a Fan approach to a depth of 10 yards and break outside hard for the sidelines.
14. FLAG Run a deep Fan pattern 12-14 yards deep and break to Flag.
15. CLOSE Run route outside OT upfield to a depth of 8 yards bending in to the post gaining depth.

34.

16.

GO

Run route outside OT upfield looking over inside shoulder. This route can be run off HLB.

17.

H-READ

Run read route 6-7 yards:

a) VS. Zone - hook it up at 7 yards

b) VS. Man - break it outside at 7 yards

18.

DELAY

Set to block - if your LB'er does not come - run delay route called.

19.

GO

Can be added to almost all cuts - Break to goalline, looking over inside shoulder.

20.

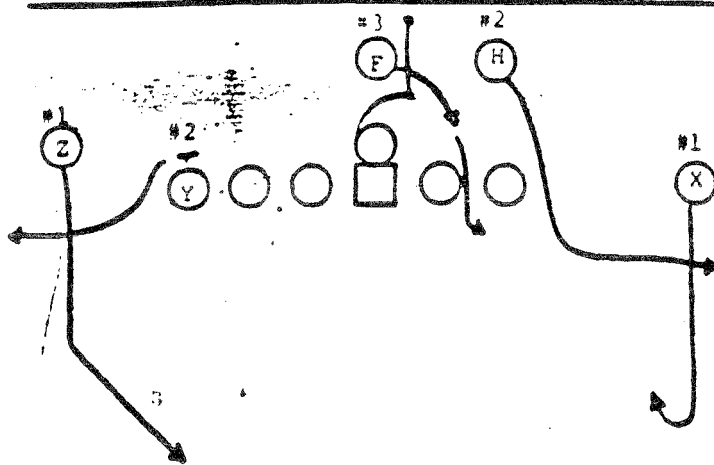
C.P.

All routes will be designated as to LB'er pick ups or free release according to type of Pass Protection called!!

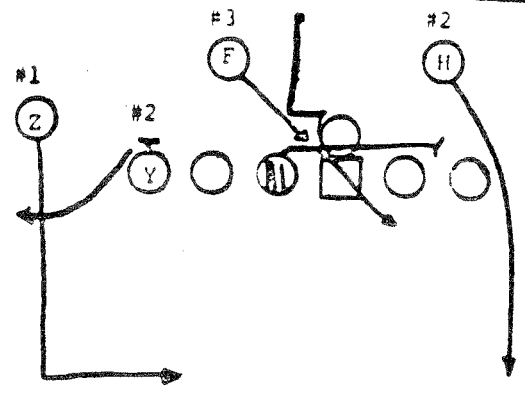
RULES FOR RUSH BY COVERAGE
(3 Linemen, 4 Linebackers)

COVERAGE	STRONG BACKER	(Pro Formation) SAM WILL		WEAK BACKER	FLOW RULE
1. Fire #0 Bear, Lion, Tiger	Cover	Rush	Rush	Cover	No Flow
2. Fire #0 Fox	Rush	Cover	Cover	Rush	No Flow
3. Stack #1 (Funnel)	Cover	Cover	Rush	Cover	Linebackers
4. Stack #2	Cover	Cover	Cover	Rush	Linebackers
5. Stack #2 Man	Cover	Cover	Cover	Rush	No Flow
6. Stack # Double 2 Man	Cover	Cover	Cover	Rush	No Flow
7. Stack #3	Rush	Cover	Cover	Cover	Linebackers
8. Stack #4	Cover	Cover	Cover	Rush	Linebackers
9. Stack #5C	Cover	Cover	Cover	Rush	Linebackers
Stack "Frisco" (1 Back)	Cover	Cover	Rush	Cover	No Flow (1 Back)
10A. Reno	Cover	Cover	Rush	Cover	Def. Backs
11. Blitz	Rush	Cover	Rush	Rush	Def. Backs
12. Thunder	Rush	Cover	Cover	Rush	No Flow
13. Cobra	Rush	Cover	Cover	Rush	No Flow
14. Lightning	Key Blitz	Rush (4S, 3W)	Rush (4S, 3W)	Key Blitz	No Flow
15. Typhoon (1 Back)	Cover	Key Blitz	Key Blitz	Cover	No Flow
16. Any 34 Coverage	Cover	Cover	Cover	Cover	By Coverage
<u>SLOT COVERAGES</u>					
Stack "Combo"	Rush	Cover	Cover	Cover	No Flow (slot)
Stack "Zebra"	Rush	Cover	Cover	Cover	No Flow (slot)

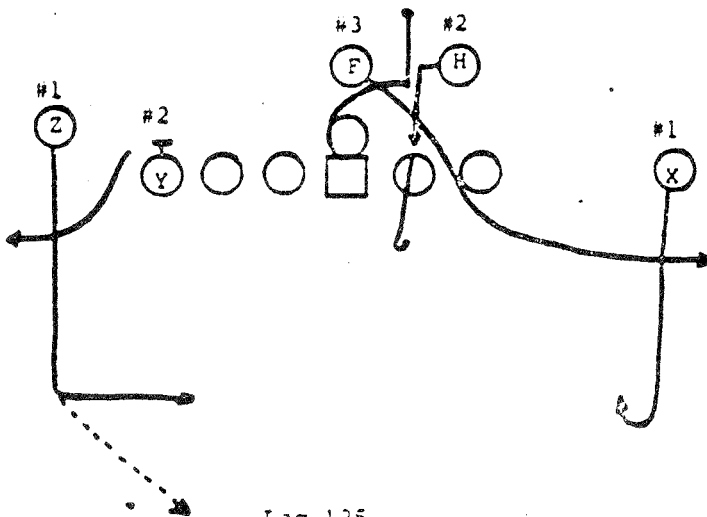
WEAKSIDE PLAY ACTION (78 ACTION)



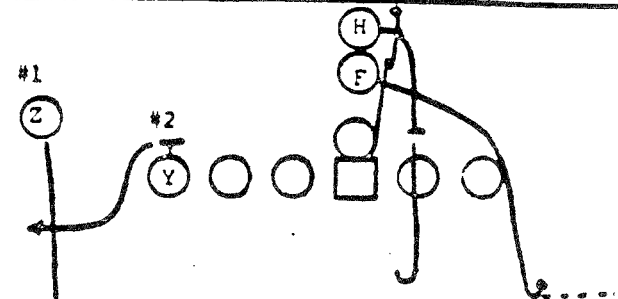
Slant 115



Quick 135 Trap Pass



Lag 125

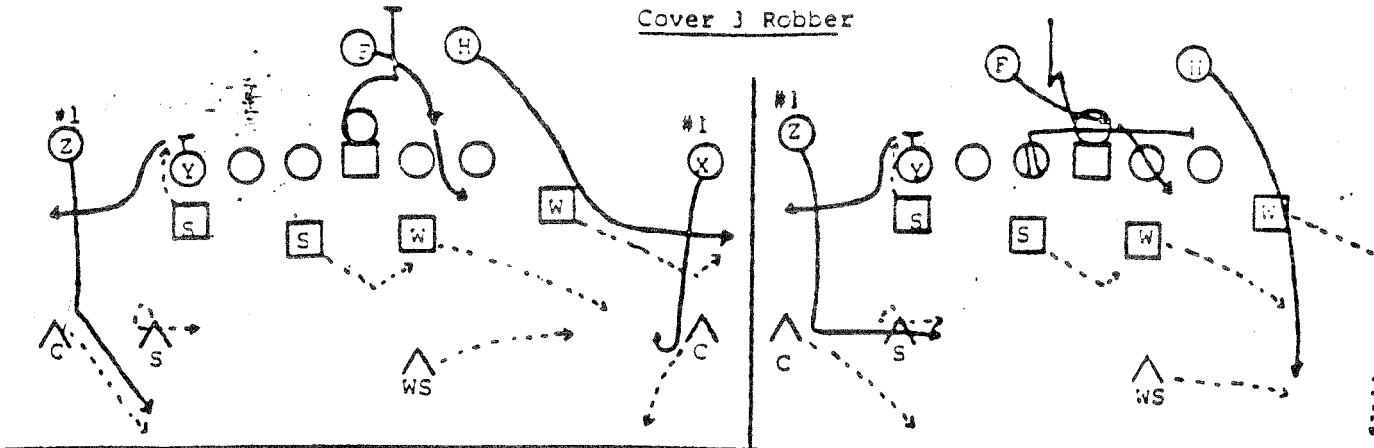


Sprint 135 (X Curl)
(X Out)

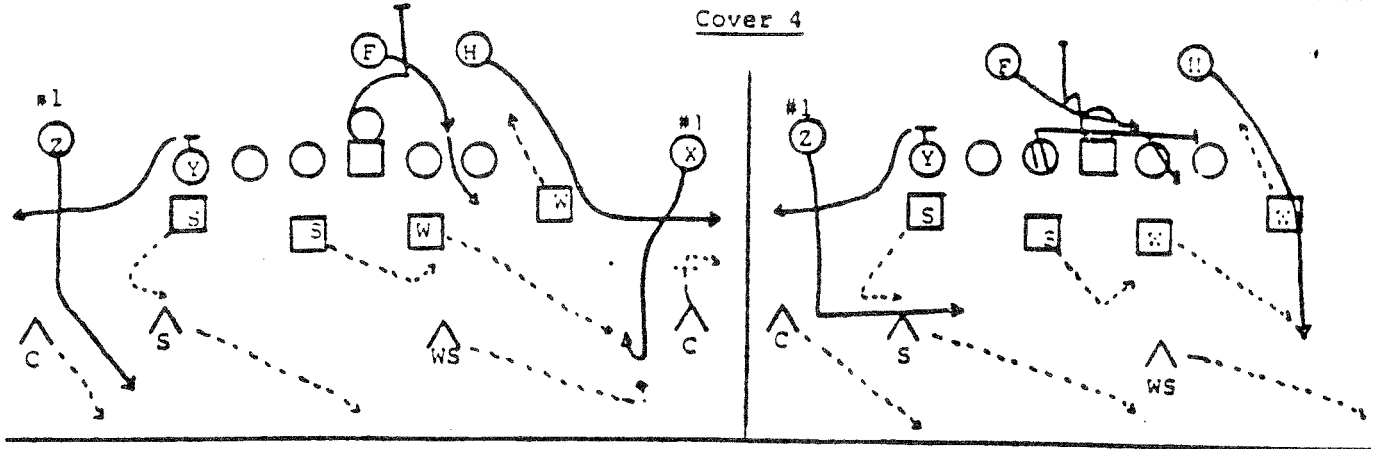
Weakside play action is defined as both backs going to the open side in a pro formation. Most teams combine their weakside running game with a combination of play action passes. We will defend these running plays with our normal defensive scheme. The play action passes will be defended by pattern recognition and normal assignments regarding 78 action whether we are in a man/man or zone defense.

WEAKSIDE-PLAY ACTION

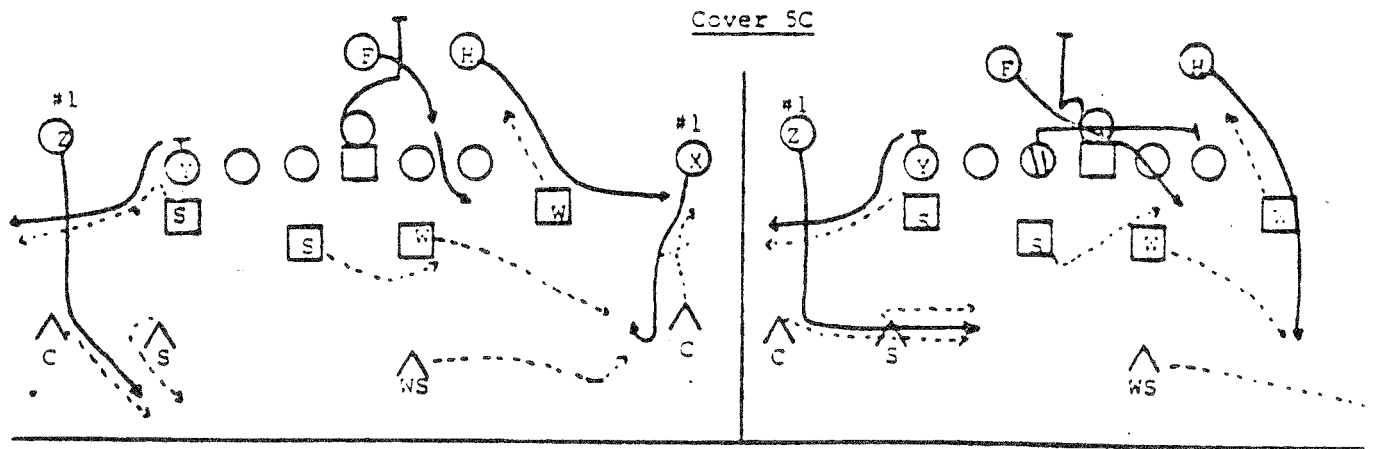
Cover 3 Robber



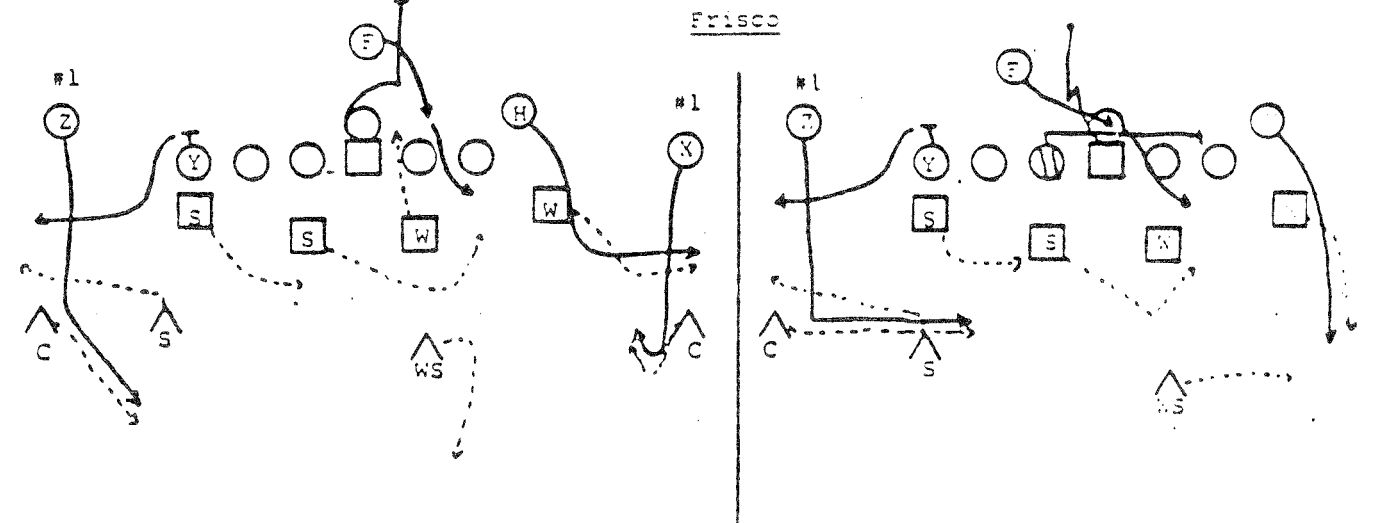
Cover 4



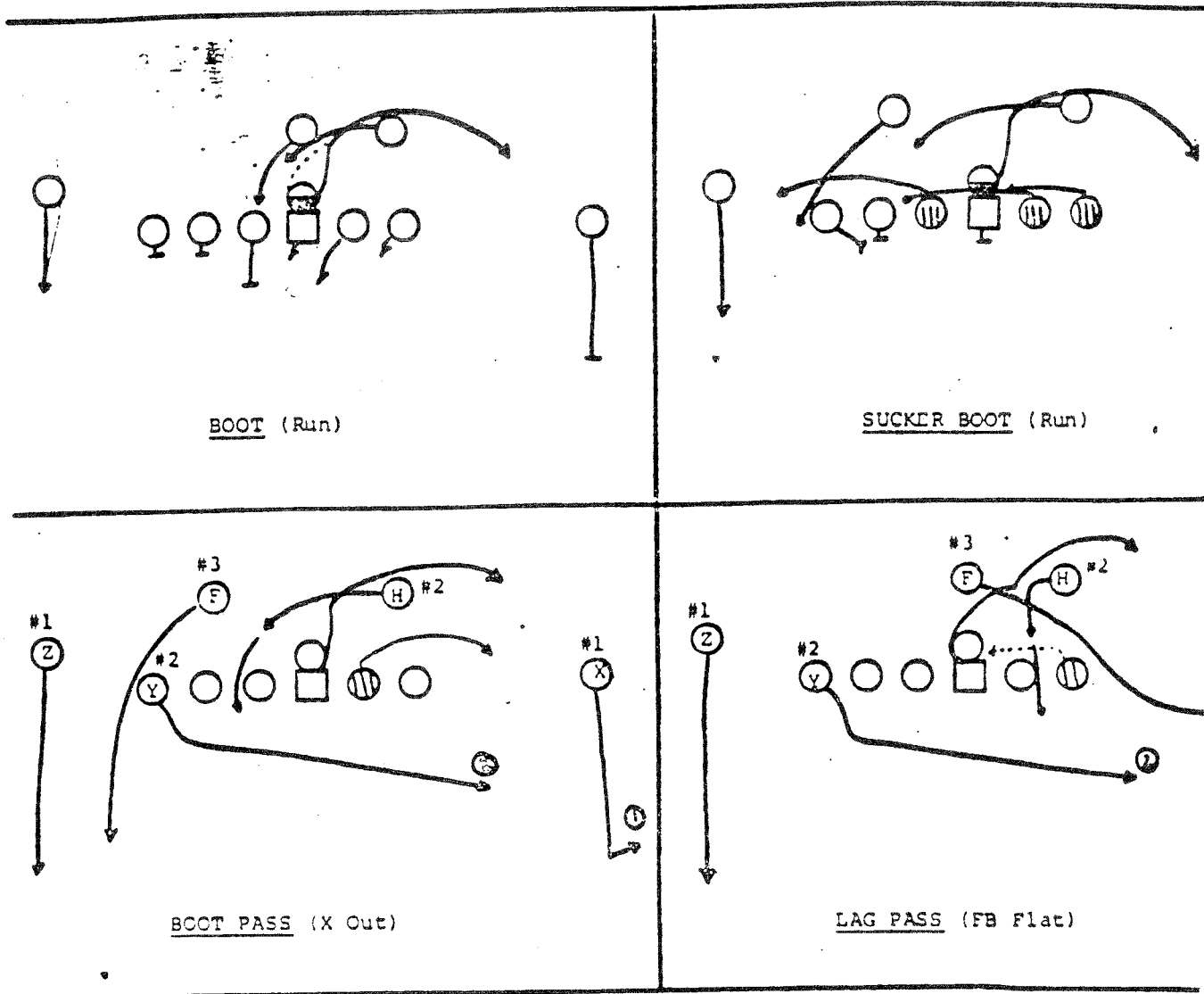
Cover SC



Frisco

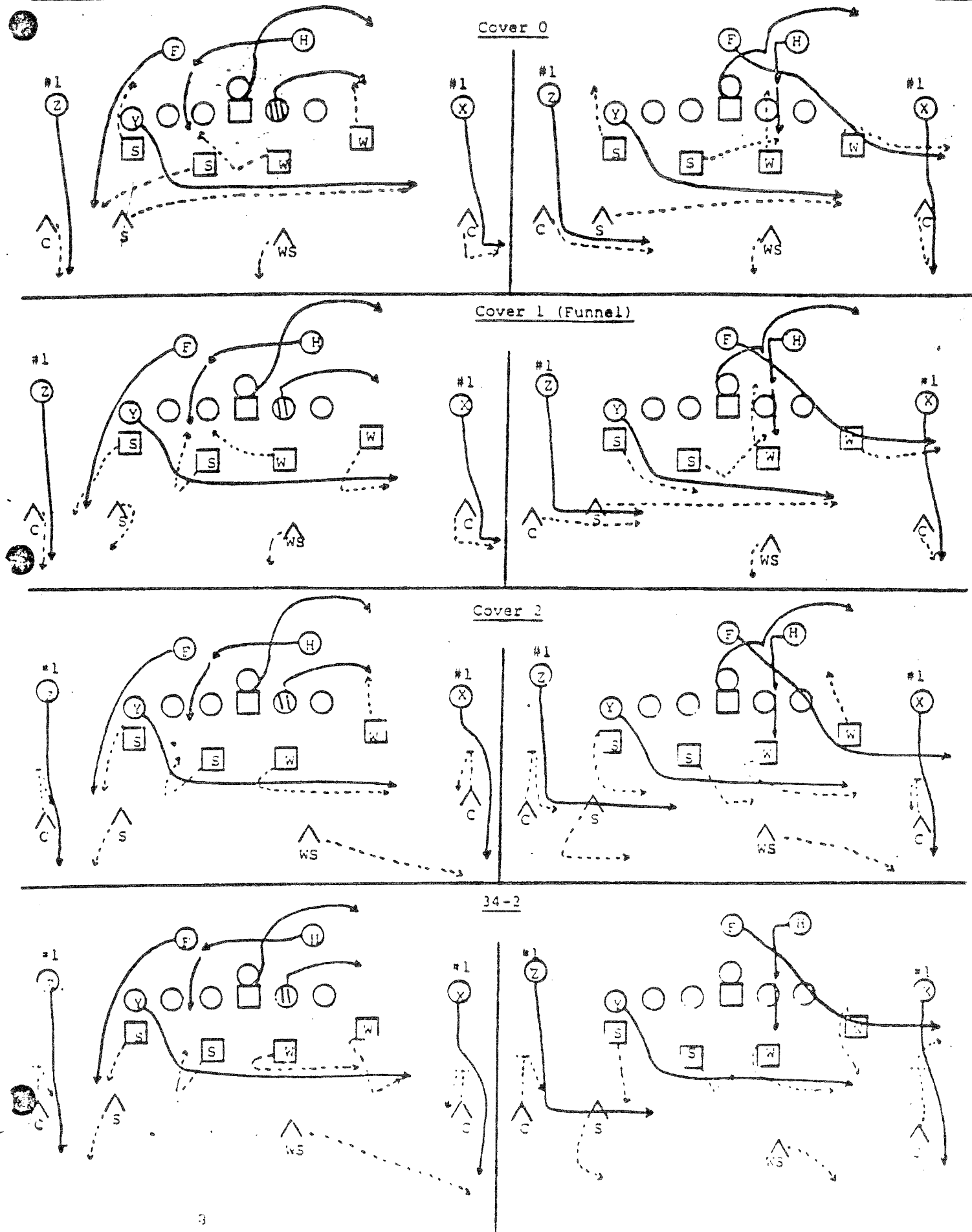


BOOT PLAYS



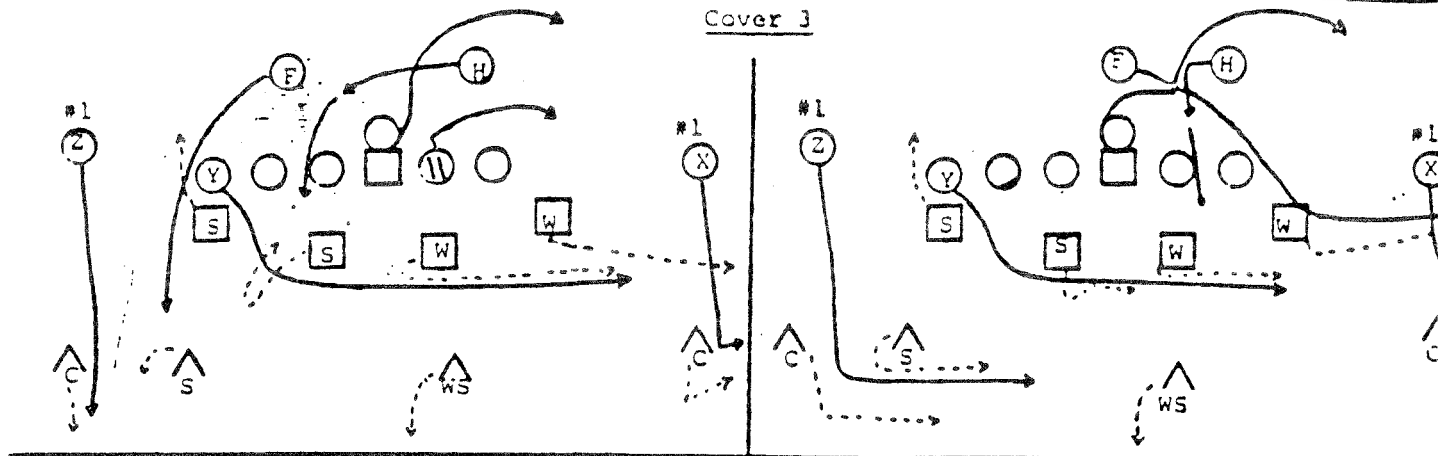
Boot leg (Boot) is defined as both backs going to the tight end side in a pro formation and the quarterback attempting to break containment on the open end side. Most teams combine their strongside running game with the boot in order to control pursuit. We will defend the Boot Run with our normal defensive scheme. The Boot Pass (and Lag Pass) will be defended by pattern recognition.

C.P. - Boot is not Flow.

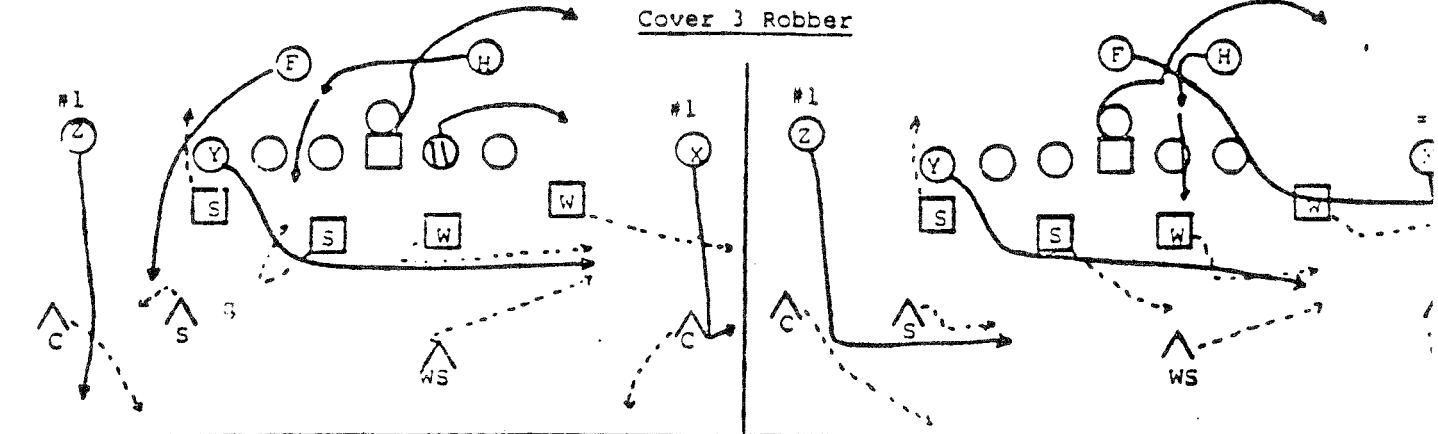


BOOT PASS

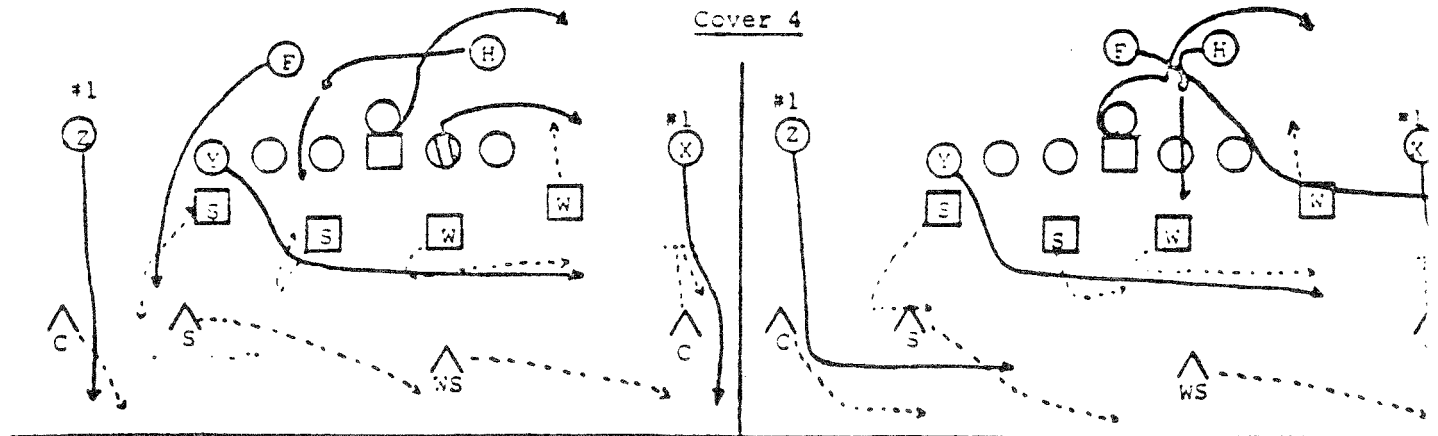
Cover 3



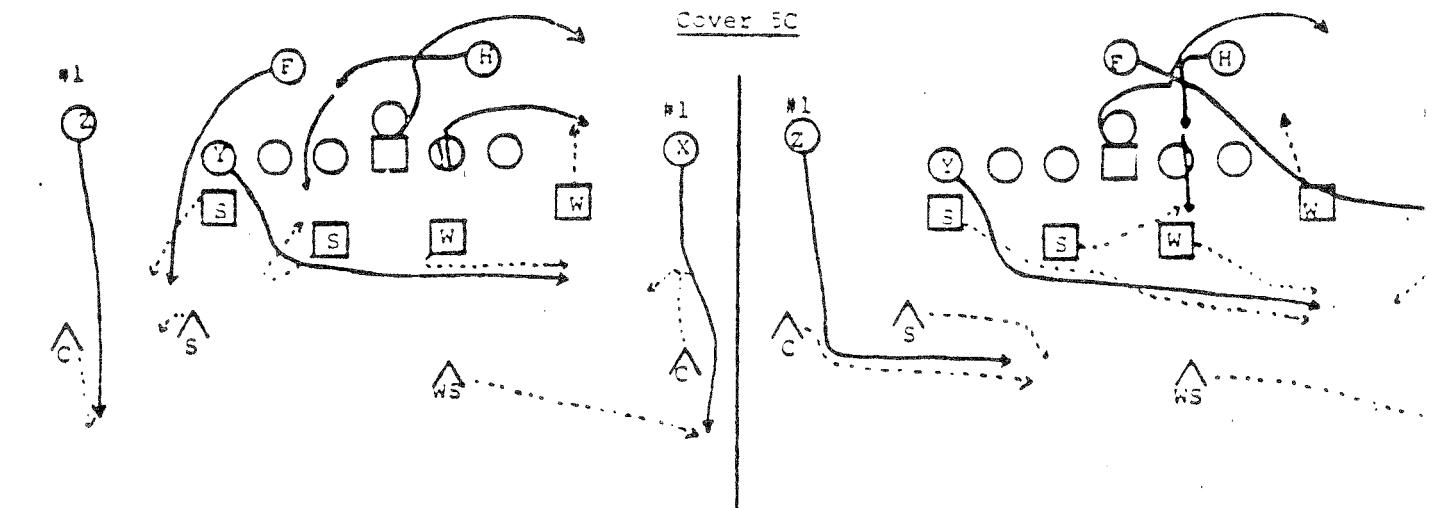
Cover 3 Robber



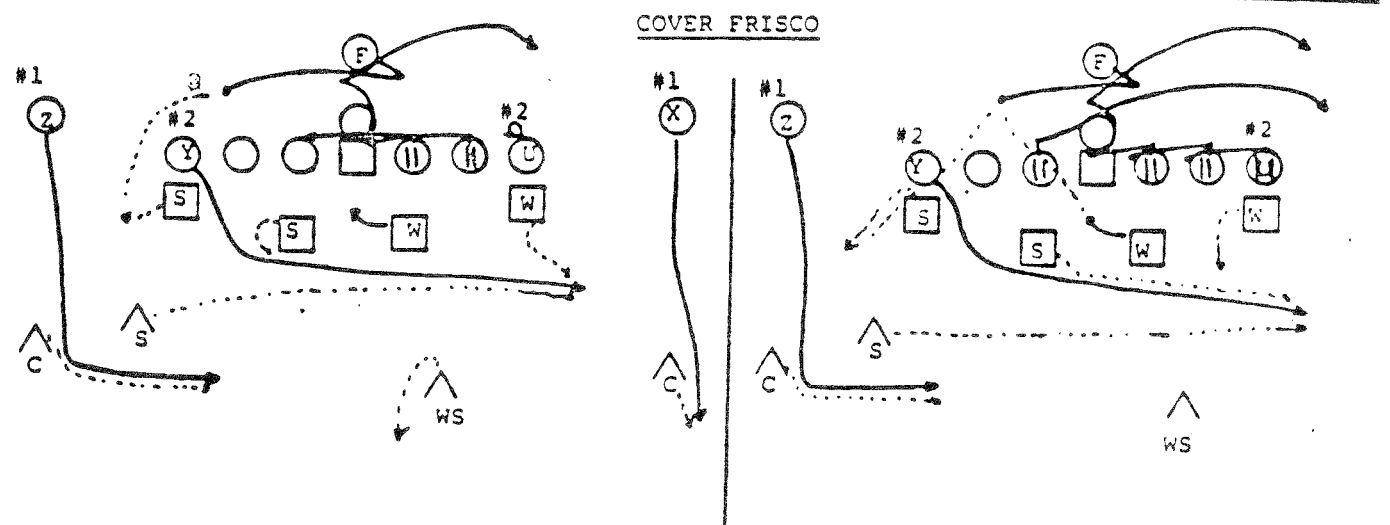
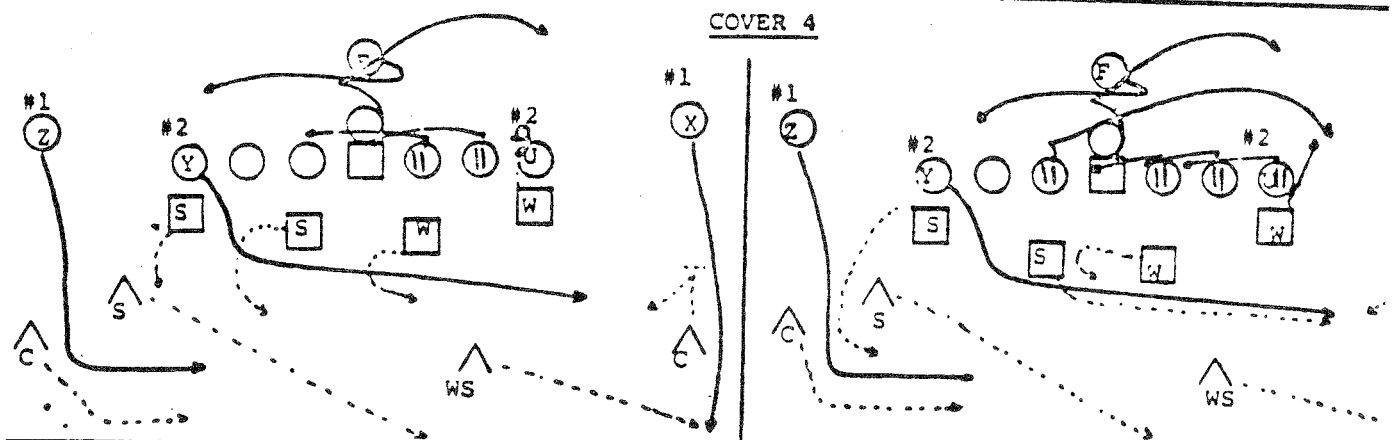
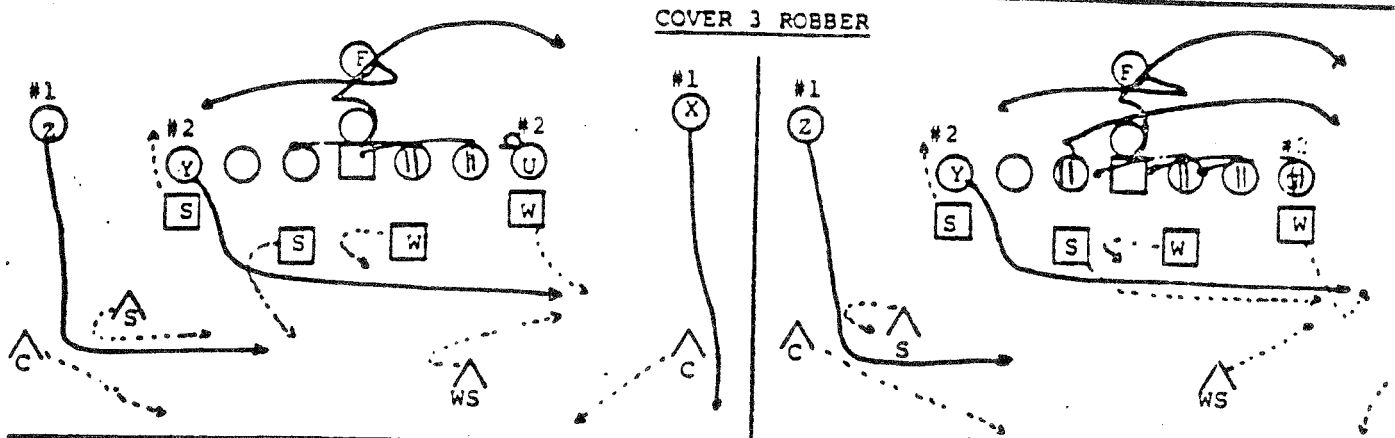
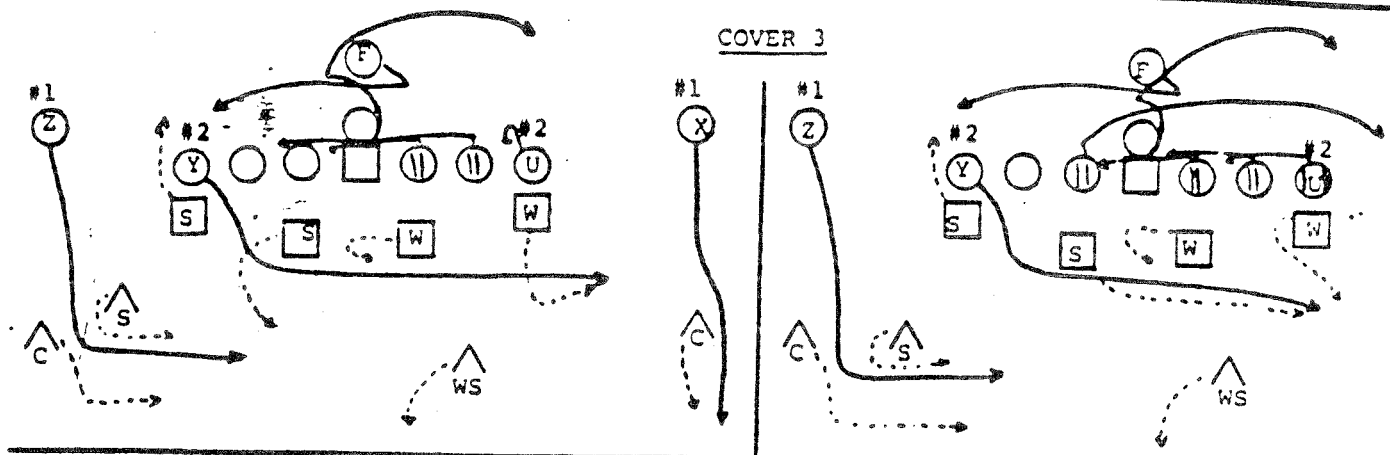
Cover 4



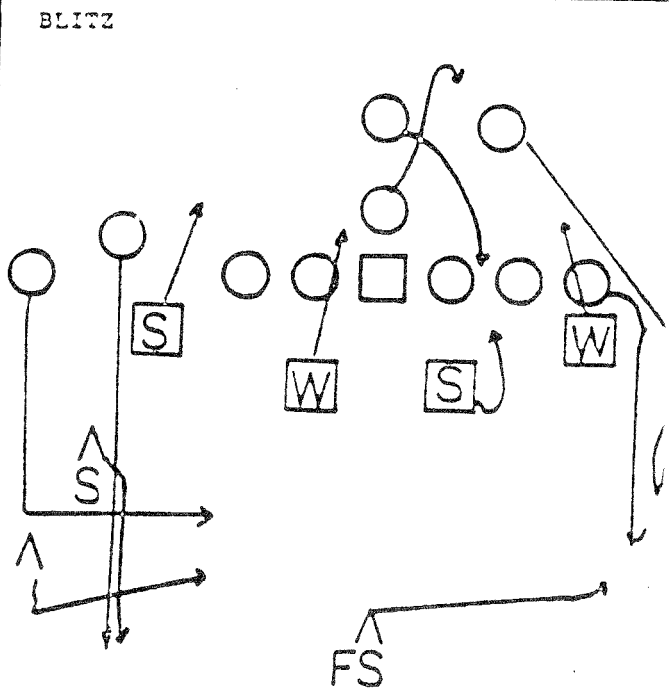
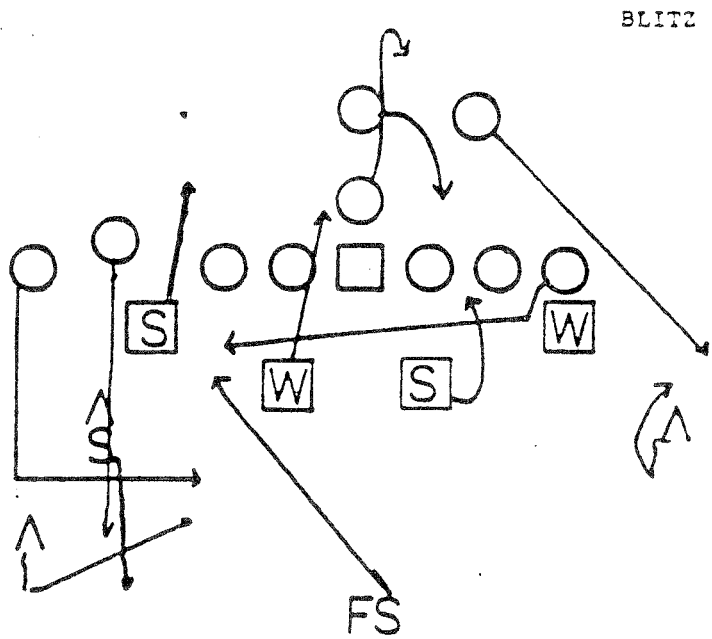
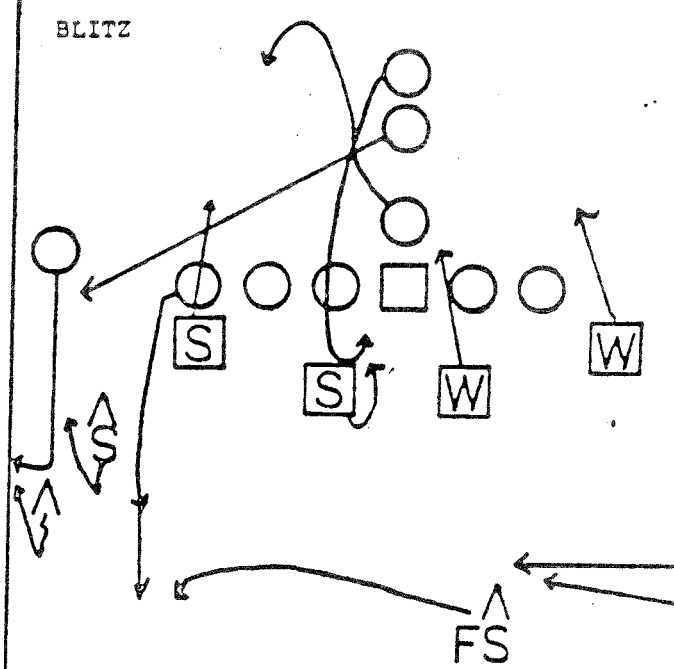
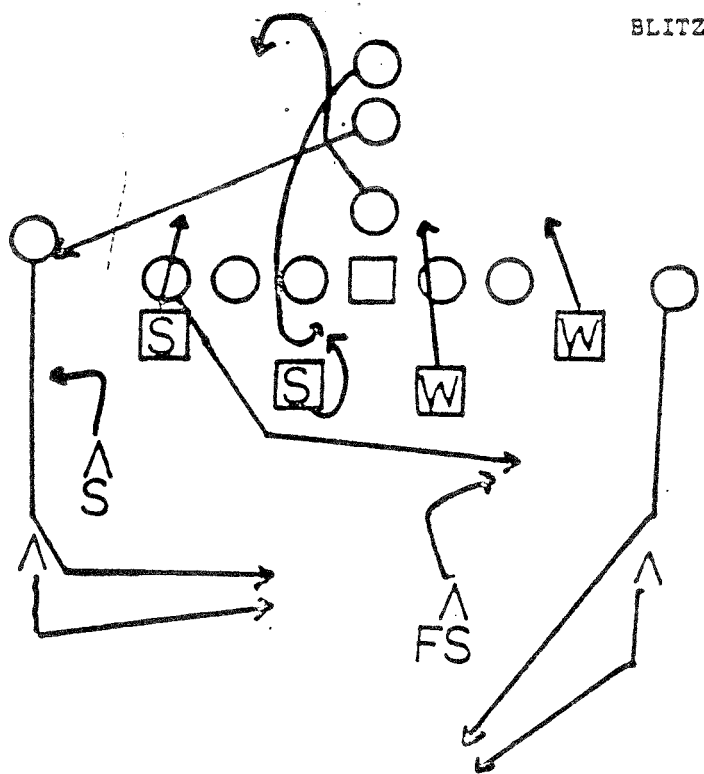
Cover 5C



1 BACK BOOT



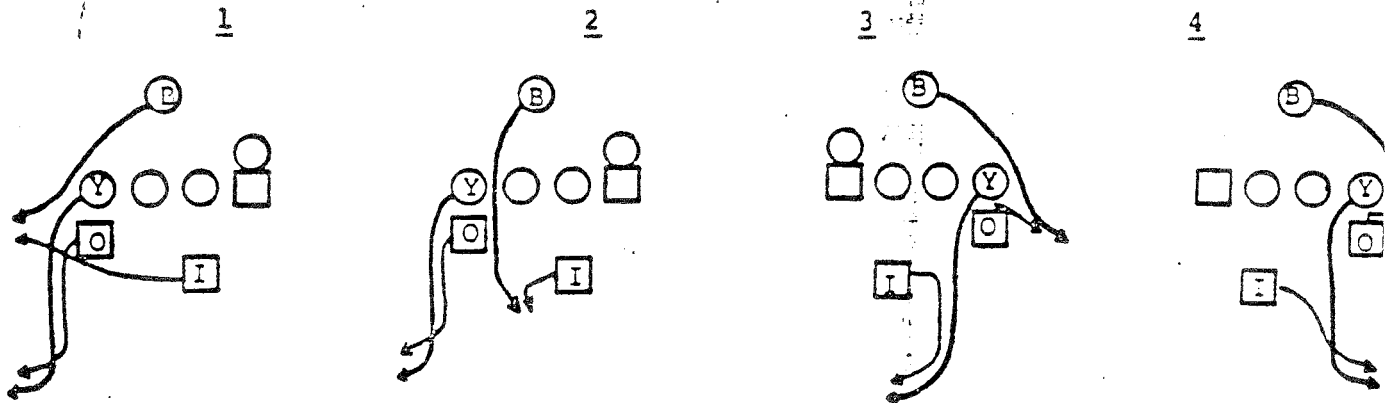
DEFENSIVE BACK FLOW RULES



MAN/MAN PASS COVERAGE CALLS

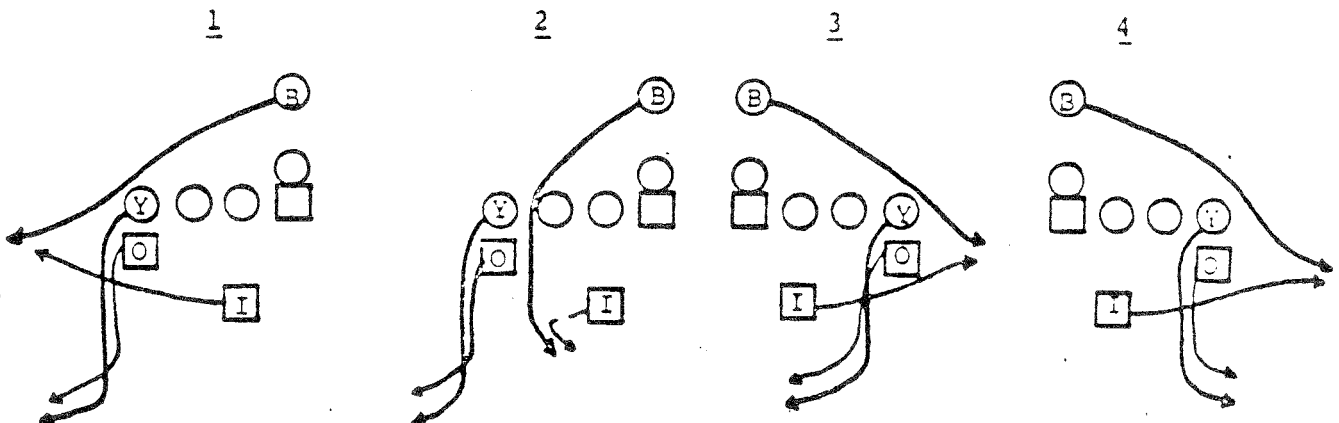
"Banjo" - A man/man pass defense call telling 2 linebackers to play man/man on 2 receivers based on their release.

This call usually involves an inside linebacker and an outside linebacker covering a back and a tight end. Coverage is based on the tight end's release. Inside linebacker covers tight end inside release and outside linebacker cover tight end outside.



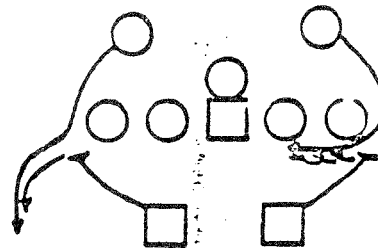
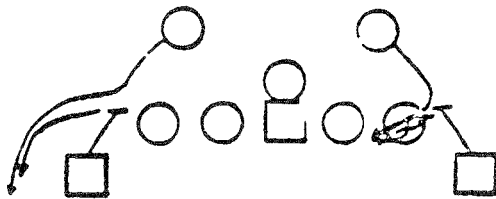
"Lock" - A man/man pass defense call telling 2 linebackers to play man/man on 2 receivers regardless of their release.

This call usually involves an inside linebacker and an outside linebacker covering a back and a tight end. Coverage is regardless of the tight end's release. Inside linebacker covers the inside receiver and outside linebacker covers the outside receiver.

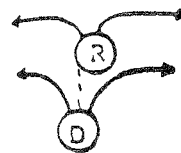
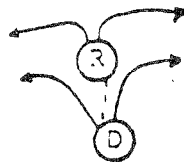


MAN/MAN PASS DEFENSE TECHNIQUES

1. TRAIL TECHNIQUE - A man/man pass coverage technique used by a defender with deep help. Defender will trail receiver on inside shoulder and break underneath of receiver's route.
- A. Approach: OLB - Establish inside position on the offensive side of the LOS. Reduce the area between yourself and defensive end so that the back cannot release inside.
- ILB - Take an inside/out angle that will allow you to junction the receiver as close as possible to the LOS. Maintain inside position through the junction so that the back cannot release inside.
- B. Junction: At the junction, you must be under control. Be in a well-balanced position, knees bent, ready to run. If you have an opportunity to collision the receiver, jam him with your hands. Do not lunge. Maintain inside out position. If the receiver tries to release inside, destroy his route - flatten him down LOS. If the receiver avoids you and releases outside, get into a trail position.



- C. Trail: A trail position is 1-2 yds. behind receiver on his inside shoulder. Concentrate on the receiver's hips, not his head. When the receiver's hips turn, drive underneath of the route, still concentrating on receiver for at least the first two steps.
- C.P. - Also be aware of receiver's body lean, arm position tipping out, and chopping of feet.



○
Ball

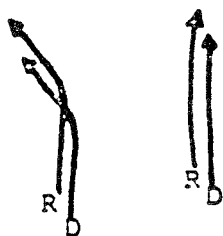
MAN/MAN PASS DEFENSE TECHNIQUES (continued)

D. In Stride:



Once receiver has made his final cut, drive on receiver to get in stride. The first two steps after his break are the most important. Once you are in stride, take a quick look for the ball. If the quarterback is delivered play the ball. If not, stay on your coverage for scramble pattern. If you are not in stride after the break, continue driving on the receiver. Do not look back for the ball. Play the receiver, not the ball, until you are in stride.

E. Deep Patterns:



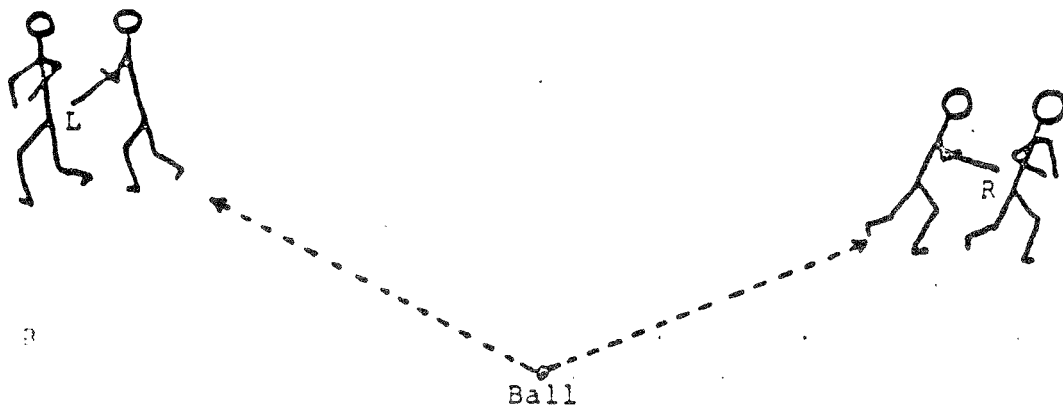
If the receiver has not given any indication of making a break by the time he gets 8 yards past the LOS, he is going deep. Accelerate and close the trail distance to 1 yard. Play the receiver.

C.P. - If the receiver breaks outside and deep (flag), work to his outside shoulder.

Ball

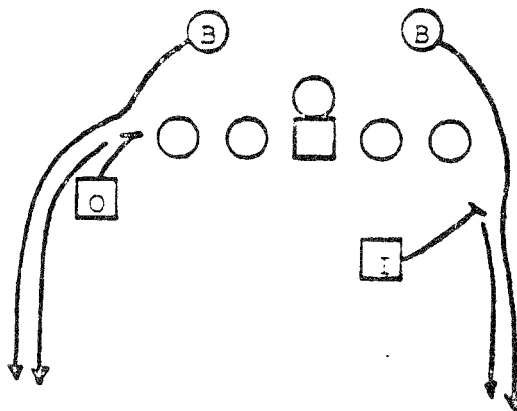
F. Playing the Ball: (In Stride) - If you are in stride with the receiver and the (Strip Technique) ball is thrown you must make a judgement as to whether you have a chance for an interception. If you feel you can intercept, use both hands to catch the ball. If you are going for the knockdown, use the inside arm (closest to the QB) to deflect the ball. If you miss the knockdown, use opposite arm to make tackle/strip.

Deep Patterns - Do not look back for the ball until receiver starts catching motion or slows up. As you start to look back, bring inside arm up first. Go for interception or use strip tech. C.P. - Keep running as you look.



MAN/MAN PASS DEFENSE TECHNIQUES (continued)

2. INSIDE TECHNIQUE - A man/man pass coverage technique used by a defender with no deep help. Linebacker will be on inside shoulder and even with receiver as he moves downfield.
- A. Approach: Same as trail technique.
- B. Junction: Same as trail technique.
C.P. - If the receiver avoids you and releases outside, stay on his inside shoulder.
- C. Inside Position - As the receiver moves downfield, stay on his inside shoulder and even with him. Concentrate on receiver's body lean. Wall off inside routes. Try to get in stride with receiver on outside routes.
C.P. - Also be aware of receiver's arm position and chopping of feet.
- D. In Stride: Same as trail technique.
- E. Deep Patterns: Maintain inside position and play the receiver, not the ball.
C.P. - If the receiver breaks outside and deep (flag), work to his outside shoulder.
- F. Playing the Ball: Same as trail technique.
(Strip Technique) C.P. - No deep help. Be sure of interception. If in doubt, knock it down.



MAN/MAN PASS DEFENSE TECHNIQUES (continued)

3. KEY BLITZ TECHNIQUE - A man/man pass coverage technique used by a defender who is responsible for covering near back man/man. Defender starts rush, but covers near back if the back releases his side on pass routes.

A. Approach: OLB - Start rush for inside leg of near back. Come hard for 2/3 steps and key back.

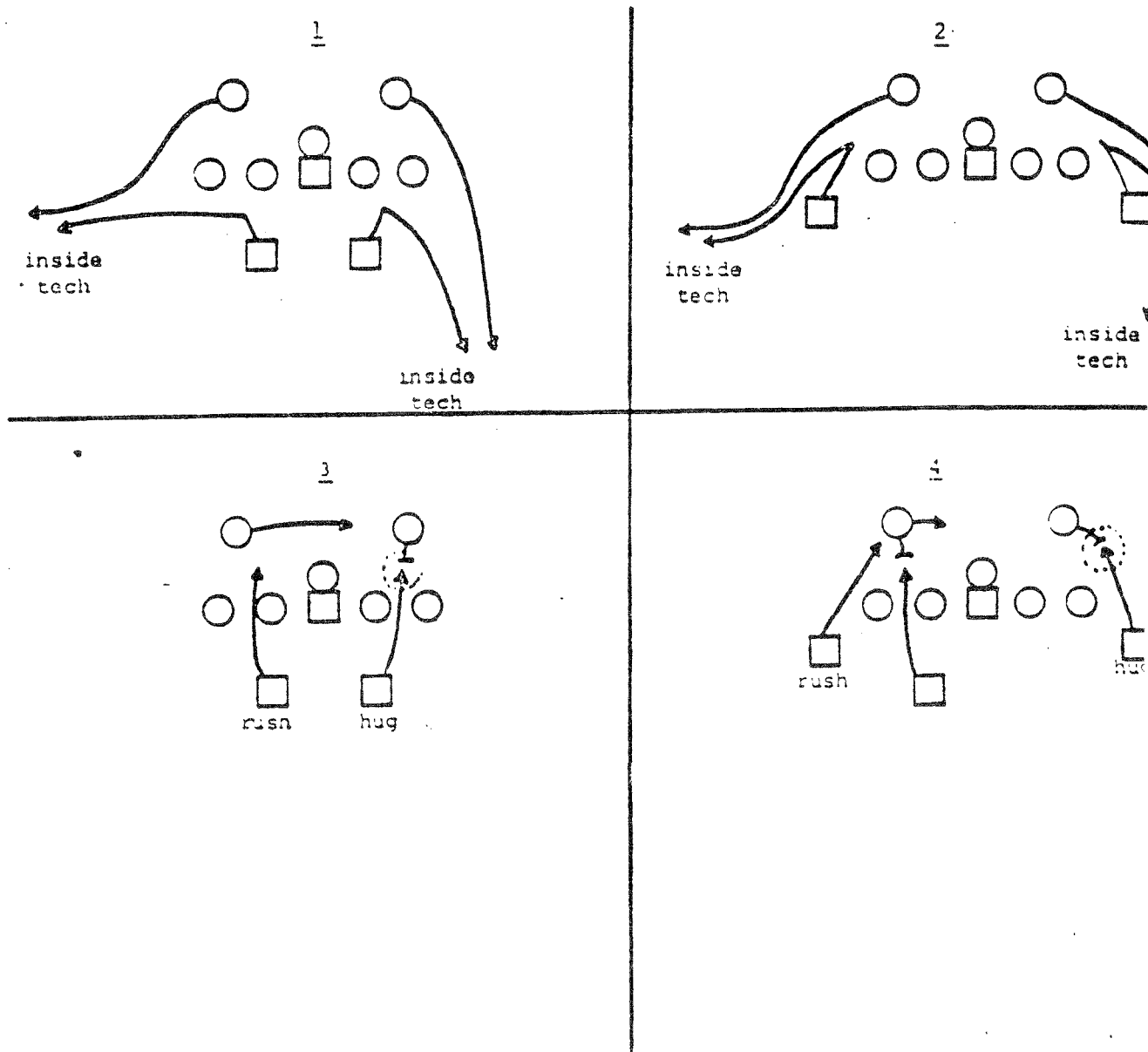
ILB - Start rush for near back. Come hard for 2/3 steps and key back.

B. Reads:

a) Back blocks you - hug.

b) Back blocks another defender or goes away - rush.

c) Back releases your side - cover him man/man using inside tech



MAN/MAN PASS DEFENSE TECHNIQUES (continued)

4. CLAMP TECHNIQUE - A man/man pass defense technique in which 2 linebackers play in/out on 1 receiver. (back or tight end)

vs. a back in halfback set or tight end

- A. Drop: OLB - drop outside and off designated receiver, get depth and read receiver's route.
ILB - drop inside and off designated receiver, get depth and read receiver's route.
- B. Pattern Read - Both LB's cover any route that splits coverage
- OLB covers stop pattern
- ILB covers any inside/close (away) pattern
- OLB covers any outside/close pattern
- ILB hugs vs. block by receiver
- C. Declared Pattern - Once receiver declares his pattern, linebacker responsible for the receiver will cover him through remainder of play, including scramble
- the "free" linebacker in the clamp now looks to help on (inside) routes by next widest receiver

VS. a back in fullback position (behind QB)

OLB - use key blitz technique on back
ILB - normal clamp technique

C.P. - VISE TECHNIQUE - same as CLAMP for OLB (C.P.: hug all blocks by receiver)

